



MARCH 27-28, 2010

PLAY AT BANK OF AMERICA STADIUM!

4-ON-4 ADULT FLAG FOOTBALL TOURNAMENT

FORMAT

The Carolina Panthers are proud to present the 7th Annual Miller Lite 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 27, 2010. 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 Carolina Panthers practice fields and in Bank of America Stadium.**

TOURNAMENT SIZE

Registration limited to 128 total teams.

DIVISIONS

Weekend Warrior Competitive. Teams consisting primarily of former high school players or folks who have played organized football.

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!

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 27, 2010.

Matt & Ramona Co-Ed Social and competitive. Teams with rosters comprised of at least two women. Teams must play two men and two women at all times.

PLAYER REGISTRATION

Each team consists of 4-6 players (four players + two substitutes). No roster changes are permitted after the Captains' Party.

TOURNAMENT HIGHLIGHTS



- All teams guaranteed a minimum of three (3) games!
- All games played on Carolina Panthers practice fields and in Bank of America Stadium!
- Meet Carolina Panthers players at the Captains' Party!
- Championship teams will be recognized at a Carolina Panthers pre-season home game!
- Championship rings awarded to division winners!



DATE	DIVISION	TIME
Sat., March 27	Weekend Warrior	10 a.m.- 1:30 p.m.
Sat., March 27	35 & Older	10 a.m.- 1:30 p.m.
Sat., March 27	Co-Ed	10 a.m.- 1:30p.m.
Sat., March 27	Couch Potato	2 p.m.- 5:30 p.m.
Sun., March 28	All Divisions	11 a.m.- 3:30p.m.

All divisions will play in Bank of America Stadium and/or Panthers practice fields.

FIELD SIZE

25 yards x 60 yards

OFFICIAL RULES AND FAQS

Available on www.panthers.com

DEADLINE

Completed registration forms and entry fee must be postmarked by Friday, March 10, 2010. 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.



TEAM REGISTRATION FORM

Team Name _____

PLAYER 1 (please type or print)

Contact/Captain _____

Phone # (w) _____

Phone # (h) _____

*Email _____

* required for registration confirmation

Signature _____

(Indicates acceptance of Waiver and Release)

Division (check one)

- Weekend Warrior Co-ed
 Couch Potato 35 & Over

If my division is sold out, tournament officials are authorized to move my team to a higher division, based on availability, in order to play in the tournament.

Please mail Registration Form, Photo Identification Page, AND Team Entry Fee to:

Carolina Panthers c/o
 Miller Lite Weekend Warrior Flag Tournament
 800 South Mint Street
 Charlotte, NC 28202

Registration Fee: \$240 per team. Registration fee includes minimum of three (3) games played on-campus at Bank of America Stadium, admittance to pre-tourney Captains' Party and souvenir event t-shirts for entire team.

Please make check or money order payable to: Carolina Panthers Charities

Waiver Information

Each of the undersigned, for themselves, their heirs, executors and assigns (i) agrees that neither Panthers Football, LLC (the "Carolina Panthers"), Carolinas Stadium Corp., the National Football League (NFL) and its member clubs, nor any of their respective officers, owners or employees (collectively the "Released Parties") shall be liable for any personal injury to or any damage to or loss of property of the undersigned and (ii) grants to the NFL, the Carolina Panthers and their designees the irrevocable permission to use his or her voice or likeness in any media now or hereafter existing in connection with all or any part of the activities covered by this agreement, for any purpose whatsoever, including the commercial purposes of the NFL, the Carolina Panthers and their sponsors, licensees, advertisers and broadcasters. In addition, each of the undersigned agrees to indemnify and hold harmless the Released Parties from and against any claims, damages, actions, suits and expenses, including attorneys' fees and other costs, arising out of or related to activities covered by this agreement whether such claims are now existing or later arising, and whether or not such loss is alleged to be caused by the negligence of the Released Parties.

PLAYERS 2-6 INFORMATION

PLAYER 2 (please type or print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Age _____ Birthdate _____

Signature _____

(Indicates acceptance of Waiver and Release)

PLAYER 3 (please type or print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Age _____ Birthdate _____

Signature _____

(Indicates acceptance of Waiver and Release)

PLAYER 4 (please type or print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Age _____ Birthdate _____

Signature _____

(Indicates acceptance of Waiver and Release)

PLAYER 5 (please type or print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Age _____ Birthdate _____

Signature _____

(Indicates acceptance of Waiver and Release)

PLAYER 6 (please type or print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Age _____ Birthdate _____

Signature _____

(Indicates acceptance of Waiver and Release)



TEAM PLAYER PHOTO IDENTIFICATION FORM

The Miller Lite Weekend Warrior Flag Football Tournament now requires photo ID's to be included with your registration form to ensure both proof of age and actual player roster.

Please attach photo copies of picture ID's for each of your players (ex: state driver's license) in the spaces provided and return with your registration form and team entry fee.

All information, including pictures, must be legible in order for team application to be processed. Thank you!



CAPTAIN PHOTO ID

**LEGIBLE PHOTO ID & DOB
REQUIRED TO PLAY**

**ALL TEAM ENTRIES ARE
REQUIRED TO HAVE A
MINIMUM OF FOUR PLAYERS**

PLAYER 4 PHOTO ID

**LEGIBLE PHOTO ID & DOB
REQUIRED TO PLAY**

**ALL TEAM ENTRIES ARE
REQUIRED TO HAVE A
MINIMUM OF FOUR PLAYERS**

PLAYER 2 PHOTO ID

**LEGIBLE PHOTO ID & DOB
REQUIRED TO PLAY**

**ALL TEAM ENTRIES ARE
REQUIRED TO HAVE A
MINIMUM OF FOUR PLAYERS**

PLAYER 5 PHOTO ID

**LEGIBLE PHOTO ID & DOB
REQUIRED TO PLAY**

**ALL TEAM ENTRIES ARE
REQUIRED TO HAVE A
MINIMUM OF FOUR PLAYERS**

PLAYER 3 PHOTO ID

**LEGIBLE PHOTO ID & DOB
REQUIRED TO PLAY**

**ALL TEAM ENTRIES ARE
REQUIRED TO HAVE A
MINIMUM OF FOUR PLAYERS**

PLAYER 6 PHOTO ID

**LEGIBLE PHOTO ID & DOB
REQUIRED TO PLAY**

**ALL TEAM ENTRIES ARE
REQUIRED TO HAVE A
MINIMUM OF FOUR PLAYERS**



MILLER LITE 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 offense's 5-yard line.
- i. Teams change sides after the first fifteen (15) minutes, possession does not change and the clock does not stop (no quick snaps).
- 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.

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.

ROSTER CHANGES

- a. Roster changes will be accepted via email, mail and in person at the pre-event Captains' Party. NO FAXING.
- b. All roster changes must be approved by Miller Lite Weekend Warrior officials.
- c. No player changes will be accepted after the pre-event Captains' party and player changes will not be accepted due to injury.
- 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.

Official roster change must be submitted by the Team Captain and include:

- Team name, division, new player name and name of person being replaced.
- Legible photocopy 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. Coed 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 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.
- b. Time outs may not be called within the last five minutes of a game.

RUSHING THE QUARTERBACK

- 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 who receives the snap is designated as the QB (quarterback).
- 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 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. 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.

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.
- g. Receiver's belt falls to the ground (play is dead at point of reception).

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.

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

- a. All penalties will be called by the Referee and may be declined.
- b. All penalties are assessed from the original line of scrimmage.
- c. 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. Offensive Pass Interference (illegal pick play, pushing off/away defender).
- c. Flag Guarding.
- d. Delay of Game – Clock will stop/10 yards and loss of down (clock will NOT stop).
- e. All offensive penalties are 10 yards (from line of scrimmage) and loss of down.
- f. Within 10 yards of goal, ball is placed half the distance to the goal.
- g. Referees determine incidental contact which may result from normal run of play!
- h. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- i. 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.

ALL ENTRIES

- a. Must have a minimum of four (4) players on registration form along with valid photo identification with legible date of birth and photo.
- b. Confirmation letters will be emailed once registration form and entry fee has been received. Please provide a legible email address. Confirmation and updated tournament information letters will be emailed one week prior to the event.
- c. If your team has been confirmed in the tournament your ENTRY FEE IS NON-REFUNDABLE!
 - Teams who are denied entry because of a full/closed division will have their check/money order returned.
- d. Entry fees must be paid by check or money order, no credit cards.
- e. Before you seal the envelope to mail your entry form, be sure all of your information is printed clearly and legibly. Team registration fee must be included inside the envelope for processing.

DEADLINE

Completed registration forms and entry fee must be postmarked by March 10, 2010. 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.



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.

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 player.
- 3) Legible copies of each player's photo ID with date of birth.

Email confirmation will be one of two ways.

- 1) We have received your entry form and fee and your team has a confirmed spot in the tournament, OR
- 2) We have received your entry form and fee, but your requested division is sold out. If a team's requested division is sold out, a team may move up a division if an opening exists, but not down. You may call 704-358-7436 for Additional confirmation questions.

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

A: Teams will find out their first game time at the pre-event Captains' Party on the Friday preceding the event. Only one representative from each team is required to be present, but you are welcome to bring your entire team. All teams will start play in the first hour of their division's time slot. NOTE: Weekend Warrior, 35 & Older and Matt & Ramona Co-Ed begin at 10:00 am. Couch Potato begins at 2:00pm.

Please understand that all game times are subject to change, so please check the Bracket Board area after each game throughout the weekend. We strongly recommend that one individual be present at the pre-event party in order to receive any last minute changes to your schedule or to correct any scheduling problems that may occur. Teams that have scheduling issues will not be serviced on-site, only at the pre-event Captains' Party.

Q: Where is the pre-event Captains' Party?

A: The location of this year's pre-tournament Captains' Party, scheduled for March 26, 2010, is to be determined. Details will be emailed to all registered teams by March 13, 2010 once a location is finalized.

Q: Why is the tournament now 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;
Coed – 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 no later than the pre-event Captains' Party.

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 are accepted via email, mail and in person at the Captains' Party.

NO FAXING PLEASE

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 – Each team plays until they lose.

Q: How are the divisions broken up?

A: Tourney Size – Four divisions with 128 total teams in tourney.

- a. Weekend Warrior (32 teams) – Competitive. Teams consisting primarily of former high school players, older ex-college players or folks that have played organized ball.
- b. Couch Potato (64 teams, 2 divisions of 32) – Recreational. 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.
- c. 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.
- d. 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.

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. We will slot entries of all-women's teams in the Matt & Ramona Co-Ed division and pair up women's teams in the same bracket if multiple all women's teams enter the tournament. At some point, your team would face a Matt & Ramona Co-Ed team.

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.

Q: How do I register?

A: Print out a registration form on Panthers.com. Team registration and entry fee must be postmarked by March 10, 2010.

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, team captain will be notified of availability in other divisions. Teams may elect to move up a division, but not down.

Q: What do I get if I play?

A: A Weekend Warrior Flag Football Tournament event t-shirt. A sponsor goodie bag that contains special offers, premium items and other great gifts from event sponsors

Q: What do I get if I win?

A: All division winners will receive custom personalized championship rings that will be presented on-field during a Panthers pre-season home game.

Q: What time does the tournament start?

A: March 27, 2010 Weekend Warrior, 35 & Over and Co-Ed 10:00am – 1:30pm
 Couch Potato – 2:00pm – 5:30pm

March 28, 2010 Championship Day All Divisions – 11:00am – 3:30pm

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 Miller Lite 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 need to make hotel arrangements themselves.

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

A: If you have additional questions, please feel free to contact us at peter.vacho@panthers.nfl.com and we will be glad to assist you!