



Policy Category	Operational - Program
Policy Name	CDMFA Equipment Requirements - Tackle Football
Source	Football Canada, Football Alberta, "Canadian Rule Book for Tackle Football", "Equipment Manager 101",
Date	2023-03, 2026-03
Cross Reference	"Rules and Standards Policy,"

Equipment and Uniform Requirements

1. Game Ball Specifications

The home team shall provide a league-approved ball for competition. Balls may be leather or composite.

<u>Game Format</u>	<u>Level</u>	<u>Regulation Ball/Size Specifications (Composite or Leather)</u>
6-on-6	U11	Wilson K2 Football (or Nike Vapour Size 6, or Wilson GST Size PeeWee).
9-on-9	U13	Wilson TDJ Football (or Nike Vapour Size 7, or Wilson GST Junior Size)
12-on-12 or 9-on-9	U16	Wilson TDY Football (or Nike Vapour Size 8, or Wilson GST Youth Size)
12-on-12	U19	Wilson NCAA/TDS Football

- The Home Team shall provide a league approved ball or balls for competition. The decision of the Referee shall be final as to the suitability of the ball.
- Wet Day Procedure: on wet days it is recommended that at least three balls be available which may be changed at the discretion of the Referee. It is suggested a "ball person" be used to keep the balls as clean and dry as possible.



2. Game Equipment Requirements by Program/Age Level

The following chart outlines the minimum game equipment the Home Team is responsible for providing at each program level.

Program/Age Level	Field/Set-up Equipment	Game/Officials Equipment	Game Ball
U9 Flag	- 15 small cones - 1 Yard marker (bean bag or cone)	- 1 Stopwatch or Timer's Clock - 1 Timer's Flag	Provided by Home Team
U11 Tackle	- 15 small cones - 1 Yard marker (bean bag or cone)	- 1 Stopwatch or Timer's Clock - 1 Timer's Flag	Provided by Home Team
U13 9v9	- 62 small collapsible pylons (to mark new 9v9 sidelines, one every 5 yards) - 1 Downsbox (numbered 1 to 3) - Goal posts padded (facility requirement)	- 1 Distance Chain (10 yards or 10 meters long) - 1 Timer's Flag - 1 Stopwatch or Timer's Clock	Provided by Home Team
U16 9v9	- 62 small collapsible pylons (to mark new 9v9 sidelines, one every 5 yards) - 1 Downsbox (numbered 1 to 3) - Goal posts padded (facility requirement)	- 1 Distance Chain (10 yards or 10 meters long) - 1 Timer's Flag - 1 Stopwatch or Timer's Clock	Provided by Home Team
U16 12v12	- Goal posts padded (facility requirement) - 1 Downsbox (numbered 1 to 3)	- 1 Distance Chain (10 yards or 10 meters long) - 1 Timer's Flag - 1 Stopwatch or Timer's Clock	Provided by Home Team



U19	- Goal posts padded (facility requirement)	- 1 Distance Chain (10 yards or 10 meters long)	Provided by Home Team
	- 1 Downsbox (numbered 1 to 3)	- 1 Timer's Flag	
		- 1 Stopwatch or Timer's Clock	

Note on Personnel: For all programs, the home team is generally expected to provide volunteers for the stick crew (handling the distance chain and downsbox) and the game timer as required, unless otherwise indicated by the league.

3. Mandatory Player Protective Equipment

No player shall wear equipment of any kind which may injure the opponent. The referee shall remove from the game any player who is wearing equipment which, in the referee's opinion, endangers a participant.

The prime responsibility to ensure compliance to the mandatory requirements for uniforms and equipment rests on the Head Coach or his/her designate.

The following equipment is **mandatory** and must be manufactured by a professional manufacturer and **not altered** in any way that would decrease protection.

- 3.1. **Helmet and Face Guard:** Only helmets and facemasks approved by the National Operating Committee on Safety in Athletic Equipment (NOCSAE) may be worn. A player must always wear the helmet while in bounds.
- 3.2. **Mouthguard:** A player must wear an **intra-oral** mouth and tooth protector that covers **all the upper jaw teeth**. It must be worn in the proper position to avoid penalty.
- 3.3. **Shoulder Pads:** Mandatory.
- 3.4. **Soft Knee Pads:** ½ inch thick, worn over the knees, and **covered by the pants**.
- 3.5. **Thigh Guards:** Mandatory.
- 3.6. **Hip Pads with Tailbone Protector:**
- 3.7. **Note:** Items 3-6, including all back plates and rib protectors, must be **covered by the pants or the jersey** (a snap-in soft foam hip and tail pad system is the only exception).

4. Uniform and Footwear Standards

- 4.1. **Footwear:** Cleated shoes are accepted for all playing surfaces, provided they meet specifications. They must have a minimum of 7 cleats per sole and a **maximum cleat length of 21 inch (12.7 mm)**. **Cleats made of metal or with a metal tip are illegal.**
- 4.2. **Jerseys:** It is **illegal to tie or knot team jerseys**. All players' numbers must conform to the score sheet.
- 4.3. **Undergarments:** All leggings, long-sleeve shirts, or other undergarments must be worn **under the uniforms**. Hoods on undergarments must be tucked in.
- 4.4. **Visors:** The use of visors is optional, but **all visors must be clear, not tinted**—no medical exceptions are allowed.



- 4.5. **Gloves and Substances:** Any gloves with **webbing between the digits are illegal**. Adhesive material, grease, or any other slippery substance is illegal.
- 4.6. **Jewelry:** To reduce the incidence of harm, it is **highly recommended that jewelry not be worn** during a game.

5. **Helmet Communications Equipment:**

- 5.1. Due to the unequal nature of communication equipment usage within the CDMFA helmet communication guidelines will be as follows:
 - 5.1.1. Spring U19 12/Side Tackle - Permitted
 - 5.1.2. Spring U16 & U19 6/Side Female - Permitted
 - 5.1.3. U13 & U16 Fall Tackle
 - 5.1.3.1. Pre-Season & Regular Season - Permitted if both teams are using them
 - 5.1.3.2. Playoffs - Permitted
 - 5.1.3.3. Provincials Permitted
 - 5.1.4. U11 6/Side Tackle - NOT PERMITTED
 - 5.1.5. All Flag Programs - NOT PERMITTED