



Policy Category	Operational - Program
Policy Name	CDMFA Field & Facility Standards- Flag Football
Source	Football Canada, Football Alberta, "Canadian Rule Book for Flag Football," Edmonton Flag Football Association (EFFA)
Cross=Reference	CDMFA Policies: Standards for Practices, Game & Reporting; Safety Personnel; Coaching Standards; CDMFA Eligibility; Registration
Date	Approved 2023-03, Approved 2026-03

Equipment Requirements - Flag Football

- The primary rules used by the CDMFA shall be those endorsed by the Canadian Amateur Football Association (Football Canada).
- Clubs and leagues are responsible for complying with the safety standards regarding equipment. These standards are stipulated in the Canadian Amateur Football Rulebook.

1. Ball Standards

1.1. **Usage:** Teams may use their own ball or mutually agree to use one game ball.

Youth/Recreational Recommendation: For youth leagues and recreational play, it is recommended to use appropriately sized footballs for both male and female players to match player abilities.

1.2. **Suggested Sizes (Wilson/Nike Equivalent):**

1.2.1. **U6/U8/U9/U10 Level:** K2 Football, Nike Vapour Size 6, or Wilson GST Size PeeWee (composite or leather).

1.2.2. **U12/U14 Level:** Wilson TDJ, Nike Vapour Size 7, or Wilson GST Junior Size (composite or leather).

1.2.3. **U16/U18 Level:** Wilson TDY, Nike Vapour Size 8, or Wilson GST Youth Size (composite or leather).

1.3. **Alterations:** No team or player is permitted to make alterations to the natural surface of the ball (subject to penalty).

1.4. **Prohibited Substances:** Players are not permitted to use adhesive material, paint, grease, or any other slippery substance applied to equipment or on a player's person, clothing, or attachments that affects the ball or an opponent.

2. Game Equipment & Team Requirements

Each team is required to provide the following for a game:

- 2 game balls (meeting Section 1.0 standards).
- 2 bean bags.
- 30 collapsible pylons (sufficient for setting up one sideline and half the end zone).



- **Trainer/Emergency bag** (as defined in the Safety Personnel Policy).
- The team **Emergency Information Binder**.
- **One volunteer** to work the sidelines with the officials.

3. Uniform & Player Equipment Standards

3.1. General Requirements

- 3.1.1. **Safety:** No player shall wear equipment of any kind which may injure an opponent. The referee has the authority to remove any player wearing equipment that, in the official's opinion, endangers a participant.
- 3.1.2. **Compliance:** The primary responsibility for ensuring compliance rests with the Head Coach or their designate.
- 3.1.3. **Enforcement:** If a player is wearing unacceptable attire, equipment, or shoes, they must leave the game for at least one play to remove the offending equipment before returning. If the player returns with the same equipment, the team will be subject to a penalty.
- 3.1.4. **Inspection:** Officials will inspect players' attire and equipment at the start of each game. The referee has the final decision on any on-field ruling not covered by the rule book.

3.2. Uniforms

- 3.2.1. **Mandatory Uniforms:** Official league or tournament uniforms and CDMFA popper-style flags must be worn during league play.
 - 3.2.1.1. **Official League Jerseys:** Jerseys must be **tucked into the players' shorts** and **cannot cover the players' flags at any point**. A player with covered flags will be considered "touch".
 - 3.2.1.1.1. Official League Jersey requirements for all clubs participating in CDMFA Flag are as follows(uniform jerseys must meet these minimum standards, but clubs can choose a higher quality):
 - 3.2.1.1.1.1. 100% polyester wicking knit athletic jersey that properly fits the athlete not having excess material that could potentially result in injury of opposition
 - 3.2.1.1.1.1.1. Material must wick moisture
 - 3.2.1.1.1.1.2. Tag free label
 - 3.2.1.1.1.1.3. Raglan sleeves



3.2.1.1.1.2. Must follow the league assigned colours or club has option to order reversible jerseys to avoid jersey colour conflict during game play

3.2.1.1.1.3. No tackle football jerseys are allowed during flag as they are manufactured for equipment not used in flag football

3.2.1.2. **Official League Shorts**

3.2.1.2.1. Official League Short requirements for all clubs participating in CDMFA Flag are as follows(uniform shorts must meet these minimum standards, but clubs can choose a higher quality):

3.2.1.2.1.1. **SHORTS MUST HAVE NO POCKETS**

3.2.1.2.1.2. 100% Polyester wicking knit material

3.2.1.2.1.3. Tag free label

3.2.1.2.1.4. Severed elastic waistband with inside drawcord

3.2.1.2.1.5. Wicks moisture

3.2.1.2.2. Shorts must be one solid colour, such as black, and are part of the team uniform that are the same for all athletes

3.2.1.2.3. **Pockets/Attachments:** Players must not wear shorts or pants that have **pockets, belts, press studs, or clips of any kind**. Short pockets may be sewn shut if they pass inspection by the game official and do not allow an opponent's finger to get caught. **Absolutely NO POCKETS are allowed**. Because any pockets/attachments cause a safety risk to all athletes playing the games officials will not allow a player to play that has pockets/attachments that they deem unsafe. Taping pockets or flipping pants/shorts inside out will not change this decision that is made by the game officials.

3.2.1.2.4. If the weather is cold and athletes are layering, shorts should be on over top of any other layers

3.2.2. **Numbers:** If numbered jerseys are worn, all players must wear **different, visible numbers**. Changing jersey numbers during a game is prohibited.

3.2.3. **Padding:** Uniforms cannot contain any equipment, such as flexible padding, that would cause injury to any player.

3.2.4. **Flag Camouflage:** Shorts or pants must be of a **different colour from the flags** to avoid camouflage. Players cannot tape or secure their shorts or pants to meet this regulation.



3.2.5. **Undergarments:**

3.2.5.1. All leggings, long-sleeve shirts, or other undergarments (additional clothing layers) must be worn **under** the uniforms.

3.2.5.2. No hoods are permitted as part of the uniform of showing during game play. If a hood is worn it must be tucked in to the jersey or removed for the athlete to participate in game play

3.2.6. **Blood on Uniform:** If any part of a player's uniform or equipment is saturated with blood, it must be cleansed or changed immediately. "Saturated" is defined as the amount of blood being sufficient to soak through the garment and into the skin, or such that blood would easily be transferred to another participant.

3.3. **Player Equipment**

3.3.1. **Mouthguard:** All players must wear a **protective mouthguard**, with no exceptions.

3.3.2. **Flag Location:** Flags must be located on the players' **hips**. Players with improper flag locations will be considered "touch".

3.3.3. **Protectors:** A player may wear an athletic supporter/protector, provided it is **completely covered by clothing**.

3.3.4. **Tape/Bandages:** Tape or bandages are permitted if they are **non-abrasive** and **not of a non-hardening material** in a wet or dry state.

3.3.5. **Jewelry:**

3.3.5.1. All jewelry must be **removed prior to the start of the game**.

3.3.5.2. If jewelry cannot be removed (e.g., piercings), it must be **completely covered up, padded, and secured**.

3.3.5.3. Medical bracelets may be worn but must be fastened securely so as not to cause injury.

3.3.6. **Headgear:**

3.3.6.1. **Soft headgear** (such as scrum caps or bucket hats) and religious headdress are permitted if they are securely fastened and **do not include metal or hard plastic** that could be harmful to participants.

3.3.6.2. Baseball caps or any hard-brimmed hats are **not permitted**.

3.3.7. **Other Items:**

3.3.7.1. **Eyeglasses & Sunglasses** are **permitted but not recommended**. Athletes requiring prescription eye wear should consider wearing prescription sport goggles or other alternatives to ensure the safety of all athletes participating.

3.3.7.2. **Knee and elbow guards** must be **flexible** and contain **no hard material**.



- 3.3.7.3. **Arm casts** may only be worn to protect an injury and must be **flexible** and contain **no hard materials** in a wet or dry state.
- 3.3.7.4. **Knee braces** may be worn, but must be **completely covered** by tights/ non-pocketed pants or by adhesive/tensor bandages such that no part of the brace is exposed.
- 3.3.7.5. **Finger splints** may be worn to protect an injury, but must be appropriately padded and covered.
- 3.3.8. **Footwear:** Players may wear cleats.
 - 3.3.8.1. Cleats must be **rubber**.
 - 3.3.8.2. **No metal spikes** or similar sharp-pointed shoes (e.g., track spikes, metal baseball cleats, golf shoes) are permitted.
- 3.3.9. **Play Materials:** Play cards, playbooks, and play sheets may be used if they are safely secured during play.