

Canadian football for life: Building a better game

Football Canada's Competition Review



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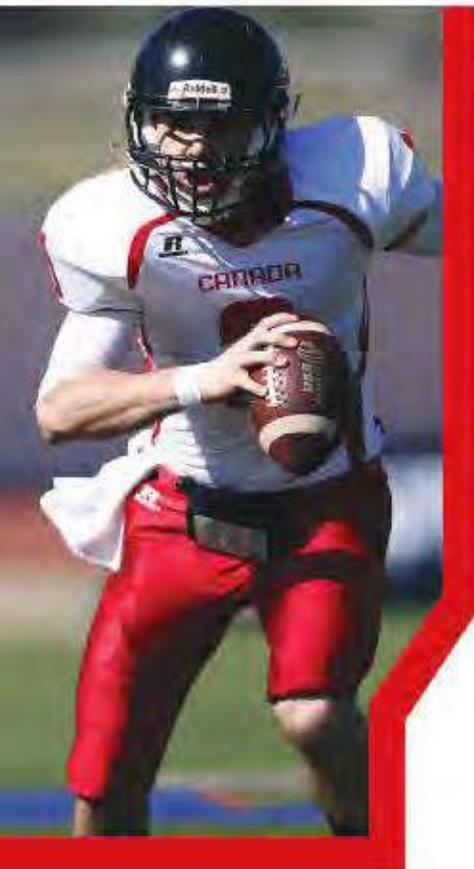
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Introduction



Sport typically structures their competition systems to fit their environment as well as to accomplish goals. Over time, these systems become well established and the sport community simply goes about maintaining them, assuming the needs of the participants and their environment have remained the same. However, sport is in a state of constant evolution due to new innovation, shifts in participants' needs, social attitudes toward sport, culture within sport itself, technology, medical discoveries, and so on. Over time, the sport's competition systems become less and less in tune with its environment as well as its participants and sport's needs. With this in mind, we have to ask ourselves questions like: Are our systems rooted in tradition rather than need? Or, has our sport and its environment changed?

If the answer to those questions is "yes", it is best to rethink how our sport's competition systems are designed and delivered at all levels.

The Competition Review is a process whereby the current competition system is compared to the principles detailed in specific sport's Long-Term Athlete Development (LTAD) plan. The process aims to promote optimal athlete development and participation by fostering the right competition structure at the ideal time in an athlete's development as described in the LTAD.

The process identifies potential gaps between the current competition system and its ideal structure as described in the LTAD. Based on this comparison, a series of strategies are created to bridge gaps discovered during the review phase.

When undergoing a Competition Review, some tough choices are required to improve the competition system as a whole. The ideal competition system follows the following guidelines:

- Reflect Football Canada's values.
- Provide quality experiences.
- Be properly periodized for optimal training and performance.
- Be a significant part of the Canadian sport delivery/youth development system.
- Adjust to changes in society.
- Provide a development pathway towards personal and sport excellence for all levels of participants.
- Be meaningful for all participants (players, coaches, officials, parents, and volunteers).
- Be fun, safe, attractive, affordable, and accessible to people of all ages, of all skill levels, and from all different backgrounds.
- Utilize the basic characteristics identified in football's LTAD model and other research in the selection of event/competition activities and skills for each stage of development.
- Define and celebrate success in relation to the goals and objectives of the stage of development of all participants.
- Support a strong developmental club, team, and league system.
- Promote system alignment.
- Continually improve the competitive level of football within Canada.

Bringing our sport's competition system and structures more in sync with LTAD will necessitate changing the very structures and resources which many have worked long and hard to manage. And yet, by doing so, we can bring renewed vitality to our sport and the people who support it.

The process aims to align our sport with its Long-Term Athlete Development (LTAD) principles at the implementation level. To achieve this, the competition review first set out to find gaps between Football Canada's LTAD model and the sport's current competition structure. The review process included independent research, an examination of the sport, its rules and structure as well as feedback from the football community. Once completed, strategies were developed by Football Canada's LTAD Committee to bridge gaps discovered during the review process.

LTAD Committee

The LTAD Committee was struck specifically to aid in the competition review process. The ten member committee consisted of:

- Provincial representation
 - One per each province (BC, Alberta, Saskatchewan, Manitoba, Ontario, Quebec)
 - One representative from the Maritimes
- Representation from the CJFL and CIS
- Two female representatives
- Varying experiences and expertise
 - Coach
 - Experience with national teams
 - Experience with non-contact athletes
 - Administrator
 - Official
 - Trainer / medical professional
 - Parents
 - Former athletes

The committee held in-person and virtual meetings to assist in the process. The members of the committee are:

Warren Craney (CIS Head Coach, Jr. National Team Head Coach): coach, parent, technical expert

Michelle Duchene (Athletic Therapist): coach, therapist, former athlete

Tim Enger (Technical Director, FB Alberta): administrator, former provincial team coach, LTAD developer

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Process

► Research phase

This phase consisted of three areas of research. The first was academic. To find relevant information for use during the Competition Review, a search of academic journals for relevant information was performed. The information that was gathered proved especially useful during the gap analysis and strategy building phases.

A second area of research was performed surrounding Football Canada's LTAD and the Canadian Sport for Life documents. These resources were examined in-depth to determine key aspects of what the ideal competition structure of football should look like. The information gathered was later used to evaluate the current competition structure of the sport as well as to determine gaps in the current structure with respect to LTAD.

The third and final area revolved around the sport's current competition structure. With the help of the Provincial Sport Organizations (PSOs), important information was gathered to help paint a picture of the current competition structure of football in Canada. This formed the starting point for the competition review's gap analysis.

► Gap analysis phase

This phase compared the sport's current competition structure with that of the sport's ideal structure according to LTAD. The gap analysis findings will be discussed in the gaps section of this document.

► Strategy building

This phase consisted of discussions amongst the LTAD Committee to create strategies which bridged gaps discovered during the gap analysis phase. The strategies developed during this phase will be explained in the strategies section of this document.

► Feedback and strategy adjustment phase

During this phase, the Competition Review reached out to the football community from across Canada to get their insights into the original strategies which were developed during the previous strategy building section. Feedback was collected from provincial football associations, the various committees within the Football Canada umbrella, the Football Canada Board of Directors, in addition to the general public. Then, the feedback obtained from the football community was analyzed and the initial strategies were modified accordingly.

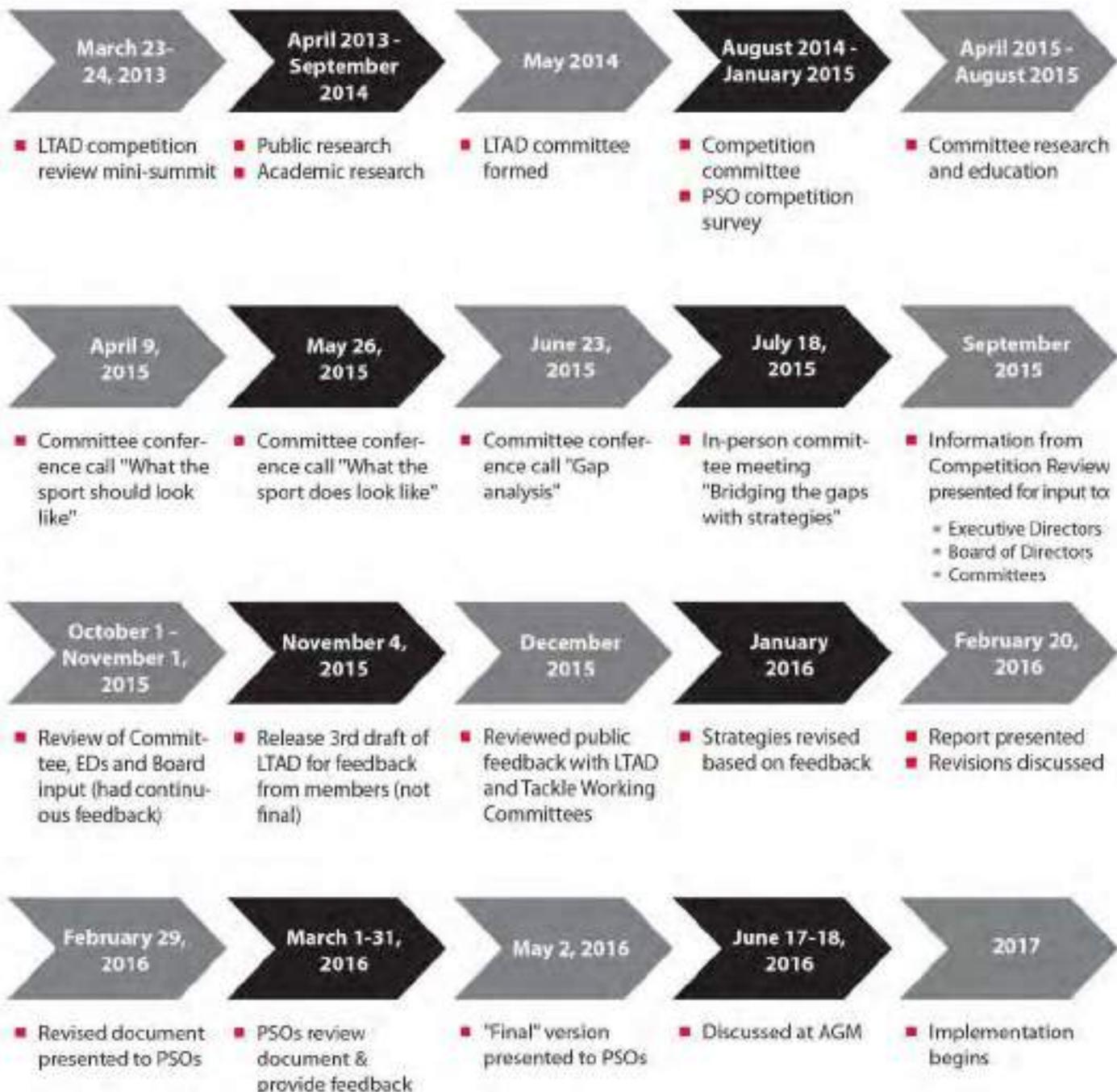
Additional feedback was obtained from the provincial level following the creation of modified strategies. Provincial football associations provided feedback at Football Canada's mid-year annual general meeting. Additional feedback was received throughout March 2016 from provincial football associations. This additional feedback was used to finalize the strategies as well as to prepare implementation and communications plans.



► Next steps

The next steps will consist of developing a detailed implementation plan based on the strategies generated during the process. In addition, a communications plan will be created to help educate the football community regarding the upcoming changes stemming from the Competition Review. The Competition Review will conclude with the implementation of the strategies generated during the process.

Timeline



Gaps

Standardized levels of play

The football community lacks standardized levels of play. Age categories not only vary between regions, but also in their description as some classify based on age (e.g. U11), while others use names (e.g. Atom).

Games and length of season regulations

The sport in Canada lacks standardization in regards to games and length of season.

Tackle football lacks a true off-season in Canada. The sport continues to grow and with it the opportunities to compete. Playing additional games is seen as a means to get ahead. Leagues now play in the fall with additional spring or summer leagues. In addition, during the fall season, some players choose to participate on two teams concurrently (at the same time) (e.g. high school and club football). In all, players may be members of three separate teams; playing 30 or more, full tackle football games a year.

Currently, players are also free to participate in an unlimited number of out-of-season tackle football games (e.g. all-star games). There is currently little regulation of these types of games. In addition to adding to players total games played, questions arise as to whether or not games are properly insured, have coaching staffs that are properly trained, or if they are being run by reputable organizations. Currently, the NCAA limits high school seniors to two of these types of games of which USA Football's national teams are exempt.

Fundamental movement skills

Not enough time is dedicated to fundamental movement skills and skill development during the FUNdamental (ages 6-9) and Learn to Train (ages 10-12) stages. Instead, competition and strategy are over-emphasized, resulting in early specializa-

tion. In many cases, players never get to try multiple positions on offence or defence which can have adverse effects on their development.

The football system is also not standardized when it comes to the types of football, best suited to early levels of play. In some parts of the country, young players may start with 12-a-side football while others begin with modified football such as flag, 6 or 9-a-side and work their way towards 12-on-12.



Practice calendar

There is currently no guide with respect to how many practices or amount of contact in practice is appropriate for specific ages.

Non-contact football

The current system has room to grow football's non-contact streams across Canada. The lack of programming in the FUNdamental and Learn to Play stages are counter-intuitive, as they're well suited for the sport's introduction while promoting fundamental skill development. There also exists a gap (lack of programming) in the Active for Life (non-competitive and senior league, recreation) stage.

Appropriate competition levels

The current system does not allow for athletes to play at appropriate competition levels, at all stages. Regardless of skill level (development age), players of the same chronological age compete against one another. In addition, players of lesser ability as compared to their peers are sometimes cut from teams without being provided an alternative to continue participation in the sport.

Female football

The current system does not provide a standardized pathway for female participation and development. The effect of this gap is evident through a lack of female specific programming at the Learn to Train (9-11), Train to Train (11-15) and Learn to

Compete (15-17) age groups. The current system primarily introduces female athletes to the sport of football through non-contact streams or by playing in predominantly male tackle leagues. A number of female athletes either rejoin the sport or become introduced to tackle football at the senior (18+) level.

High performance pathways

There are currently no standardized U14 and U16 high performance pathways. A number of provinces lack U14, U16 and U18 regional and/or provincial championships which would help prepare athletes for national and international competition in their later years. This gap includes both male and female tackle as well as non-contact football.



Strategies

In this section, strategies that were developed by the LTAD Committee to bridge gaps identified earlier in the process will be presented. Some strategies are to be mandated while others are simply recommendations.

A description of each strategy and whether or not they are mandated or recommended as well as a target year of achievement will be described in the following pages. Timelines identifying target dates of achievement for each strategy are provided in the appendix section (*Appendix A*).

Strategy 1.A: Age categories and two year age gap

Recommendation:

Standardized two-year age categories and designations [2018-2021].

► **Mandate:** [2022]

A standardized system in-line with the LTAD would allow players from across the country to compete in the same groupings. Confusion would be minimized when determining a standardized pathway for athletes to move from grassroots to high performance.



Two exceptions can be made:

- 1** If a player has no participation pathway, he/she can be moved to a different age group pending the approval of the PSO.
- 2** If the current age category does not fit the developmental age of the player, he/she can be moved up or down an age category pending the approval of the PSO.

Strategy 2.A: Ban of two tackle seasons concurrently (at the same time)

► **Mandate:**

A ban on playing two tackle football seasons concurrently (at the same time) [2017].

Exceptions:

- 1** Tournaments and jamborees from the national and provincial high performance programs
- 2** Supplementing participation through non-contact streams

Playing two tackle football seasons concurrently (at the same time) dramatically increases the risks of injury. Proper recovery is necessary for optimal athletic performance and limiting risks such as burnout or injuries.

Playing two tackle seasons at the same time also doubles the number of games played in a week, therefore diminishing time for practice and development.

Rather than adding repetitions brought on by enrollment in a second team or season, athletes looking to develop would have more success through participation in out-of-season player development programs or non-contact leagues.

Strategy 2.B: Schedule regulations

► **Mandate:**

- When developing a schedule, a team's games may only be played a minimum of four calendar days apart. [2017]
- Make-up or rescheduled games (due to weather or unforeseen circumstances) may be scheduled with a minimum of two full calendar days in between. For example, if a team already plays on Monday, a make-up game could take place as early as Thursday. [2017]

Recommendation:

When developing a schedule, a team's games should be played with six or more full calendar days between competitions. [2017]

Allowing for proper rest and recovery reduces the risk of injury, and maximizes weekly practice and preparation time. A longer recovery time between games would also enable players sufficient time to work through the return-to-play protocol and may deter players from rushing through the protocol to return to competition during a short practice week.

Strategy 2.C: Out-of-season tackle football games

Recommendation:

Only five out-of-season tackle football games can be participated in each year and they must be approved by the provincial governing bodies [2019-2021].

► **Mandate:** [2022]

Exception:

- 1 Tournaments and jamborees from the national and provincial high performance programs

Some out-of-season tackle football games offer little developmental benefits, whether the benefits are developmental or exposure in nature. Adding in-game tackle football competitions increases the potential risk of injury for athletes. These additional competitions also reduce player's ability to play other sports as well as focus on off-season activities such as strength and conditioning or skill development (e.g. player development program).

An application process for PSO and Football Canada sanctioned events would be established in addition to the creation of a committee to review applications. An athlete can participate in up to five sanctioned events and tracking would be done through the online registration system.

Strategy 2.D: Tackle football weeks in a year

► **Mandate:**

Specific number of weeks allowed each year for tackle football at each age category [2022] (see table below).

Playing too many games can lead to burnout or to overuse injuries. Additionally, health and safety issues may arise, when playing on two teams concurrently (at the same time). For example, a coach may be unaware that a player on their roster



has sustained an injury in another league (e.g. concussion) and are supposed to be following the return-to-play protocol. This can lead to various liability issues.

Having a true off-season is important for a number of reasons. Players not only need proper rest and recovery but can use time away from competition to work on skill development, conditioning as well as play other sports.

To meet the new tackle football guidelines, yearly schedules, including pre-season, in-season and off-season, would need to be reconfigured. Tracking will be done through an online registration system. The CIS calendar was used as a framework and through the use of LTAD principles, guidelines were produced to prepare athletes for this and other high performance levels.

Category	Weeks per year
U8	No contact football
U10	10 + 1 Safe Contact Week
U12	12 + 1 Safe Contact Week
U14	15 + 1 Safe Contact Week
U16	16 + 1 Safe Contact Week
U18	16 + 1 Safe Contact Week

Strategy 2.E:

Gradual progression to 12-a-side football

Recommendation:

Gradual progression to 12-a-side football [2017-2021]. (see chart below)

► Mandate: [2022]

The mandate to move Non-Contact only for U8 has been move up to 2019 instead of 2022.

The modified versions of the game offer more development opportunities, especially at the younger levels. They offer more playing time, more involvement in the action and better coach-to-athlete ratios. The gradual progression will ensure optimal athletic and tactical development at each developmental stage.

Category	Male
U8	Non-contact
U10	Non-contact or 6-a-side
U12	Non-contact, 6-a-side, 9-a-side
U14	Non-contact, 6-a-side, 9-a-side, 12-a-side
U16	Non-contact, 6-a-side, 9-a-side, 12-a-side
U18	Non-contact, 6-a-side, 9-a-side, 12-a-side
Elite 18+	Non-contact, 6-a-side, 9-a-side, 12-a-side

Category	Female
U8	Non-contact
U10	Non-contact or 6-a-side
U12	Non-contact, 6-a-side, 9-a-side
U14	Non-contact, 6-a-side, 9-a-side, 12-a-side
U16	Non-contact, 6-a-side, 9-a-side, 12-a-side
U18	Non-contact, 6-a-side, 9-a-side, 12-a-side
Elite 18+	Non-contact, 6-a-side, 9-a-side, 12-a-side

Note: Male and female athletes may participate together up to U14 but it is recommended that if numbers allow, female participants should be provided their own participation programs.



Strategy 2.F:**Roster size****Mandate:**

Each team must have a minimum number of players on their roster to start a season and to play a game. [2022]

Mandating a team's roster size at the start of a season with a minimum number of players makes sure that teams have enough players to continue during a season should in-season injuries occur.

The recommended maximum to begin thinking of alternative options is a threshold at which having too many players restricts the ability for all players to get playing time or adequate development opportunities.

Recommendation:

Each team must have a maximum number of players on their roster, after which they have to start thinking of other options. [2017]

	Minimum to start season	Minimum to play game	Recommended to play a game	Maximum to begin thinking of other alternative options
Touch 5's	7	5	7	7
Touch 7's	9	7	9	9
Flag 5's	7	5	7	7
Flag 7's	9	7	9	9
6-a-side	9	8	10	10
9-a-side	17	13	15	15
12-a-side	30	24	28	45

Strategy 3.A:**Coaches resources****Mandate:**

- Football Canada to develop coach training plans for each age group up to U14 [2022].
- Educate coaches on rule modifications [2022].

A focus on strategies such as special teams or executing complicated play calls are very difficult, given the cognitive capacity of players at these age levels (e.g. attention span, memory capacity). Significant time in practice is devoted to teaching players scheme(s) instead of skill development.

Creating a standardized practice calendar would assist coaches and leagues better align their programs with the LTAD plan. Football Canada's content experts will develop standardized, yearly practice calendars for U8, U10, U12, U14, U16, and U18 age groups. These practice calendars will outline the number of practices, type of practices (contact vs non-contact), length of practices, frequency of practices as well as the allocation of game time.

Recommendation:

Coaches submit yearly training plans to their respective league at the U16 and the U18 levels [2017].

These early stages of play are vital, as they provide the foundation for future success. As described in the LTAD, all athletes are more likely to succeed, if early in life, they develop a wide range of movement, balance and object control skills.

Athletes with a disability are currently underrepresented and underserved in football's current com-

petition system. One major reason for this is that many coaches do not possess sufficient knowledge of modified games which can be used to create optimal competitive environments for athletes with a disability. To better educate coaches, Football Canada will look to develop resources and training which educates coaches and better explains the history, rules and drills which can increase participation possibilities for athletes with a disability.

Strategy 4.A: *Safe Contact week*

► **Mandate:**

Introduce a mandatory Safe Contact week at the beginning of each training camp [2017].

Exception:

- 1 In rare cases where weather/scheduling/-field availability cannot accommodate a Safe Contact week, teams must incorporate three hours of Safe Contact training (helmets only) within the first 14 days of their season. This training makes up for what would have taken place during Safe Contact week.

Strategy 4.B: *Practice calendar*

► **Mandate:**

Implement a practice calendar for each level [2022].

Creating a standardized practice calendar would assist coaches and leagues better align their programs to the LTAD (see Appendix C).

These early stages of play are vital, as they provide the foundation for future success. As described in the LTAD plan, all athletes are more likely to succeed, if early in life, they develop a wide range of movement, balance and object control skills.

A focus on strategies such as special teams or executing complicated play calls is very difficult, given the cognitive capacity of players at these age levels (e.g. attention span, memory capacity). Significant time in practice is devoted to teaching players strategy instead of skill development.

A committee of experts will create season-long practice plans where every practice is mapped out for coaches to follow. The practice plans will be adapted to appropriate developmental stages in an effort to provide the best development opportunities for athletes.

An online coaching education module will also be created so that coaches can have easy and convenient access to coach education in an effort to better align their coaching methods with the development stage of their athletes.



Strategy 5.A: Non-contact programming

Recommendation:

Work with partners including CFL, CJFL, and CIS to expand non-contact programming [2017].

Non-contact football is a great opportunity to help introduce young athletes to the sport while teaching many of the fundamental skills required to be proficient in sport at later stages of development. Non-contact football also provides a safe and fun way for youth to interact with the sport of football without having to worry about contact. In addition, non-contact football requires less equipment which may reduce start-up costs and can be played on a greater number of playing surfaces.

Football Canada and its partners will work together to help develop standardized non-contact programming that can be implemented across the country.



Strategy 5.B: Football Canada non-contact league

Recommendation:

Create and establish a national non-contact league run by Football Canada including the PSO's as conferences [2019].

Non-contact football is a great avenue to promote sport for life and keep former tackle athletes participating in the game. It is also an opportunity to introduce adults who have not participated in the tackle context to enjoy football for fun, exercise and competition.

Strategy 6.A: Opportunity to play for everyone

► Mandate:

Cannot prevent a player from an opportunity to play based on his/her skill level at the U14 level or below [2022].

Recommendation:

Cannot prevent a player from an opportunity to play based on his/her skill level at the U16 level [2020].

Especially at younger ages, lesser skilled players may benefit from additional coaching, playing time or off-season opportunities to bridge developmental gaps.

Football Canada will explore ways to improve and provide more inclusive competitive environments for athletes with disabilities.

Strategy 7.A: Female football development

Recommendation:

Committee of female representatives to further investigate the lack of female programming, keeping boys and girls leagues separate, and having a female only option in the Player Development Program. [2017].

Having programs across the country to service female participants is crucial for the development of our sport. Collecting quality feedback from our current female participants on how to grow and develop those programs is the best approach to eliminate this particular gap.

Strategy 8.A:
Regional and provincial championships

Recommendation:

Create both regional (U16 & U18) and provincial (U14 & U16) championships [2019-2020] (See Appendix C).

The creation of regional and provincial championships would introduce players to higher level competition in preparation for national and international competition. Such competition could also be used to identify players for regional or provincial teams in addition to allowing players to test themselves against high level competition.

Note:

The gap is currently at the U14 and U16 levels, where no real high performance teams or opportunities are offered (changes are highlighted in the appendix).



Next steps

To assist with the implementation phase, a communications plan will be developed to inform and educate the parties affected by the upcoming changes in the competition structure. The goals of this plan are to educate the public on the new adjustments and convince groups reluctant to change on how the sport and its community will benefit from them. To expand the reach of communications efforts, coordination amongst partners

within the sport and football community is important as is consistent messaging across the group's network of channels.

A solid implementation plan to actively make changes to the competition structure is also being developed. Priority is being given to mandated changes and a detailed plan for each strategy is in development.

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Appendixes



Timelines identifying target dates of achievement for each strategy:

2017	2022
Actions Mandated	
<ul style="list-style-type: none"> ■ A ban on playing two tackle seasons at the same time (2A) ■ Schedule regulations (min. 4 days between games - 2B) ■ Rescheduling a game must be with two full calendar days (2B) ■ Safe Contact week at the beginning of each training camp (4A) 	<ul style="list-style-type: none"> ■ Standardized age categories and names (see model - 1A) ■ Only 5 out-of-season tackle football games can be participated in each year and they must be approved by the governing provincial bodies (2C) ■ Specific number of weeks allowed each year for tackle football at each age category (see model - 2D) ■ Full gradual progression to 12-a-side tackle football (see model - 2E) ■ Minimum roster size to start a season and to play a game (2F) ■ Coach teaching plan for each age group up to U14 developed by Football Canada (3A) ■ Educate coaches on rule modifications (3A) ■ Practice calendar (4B) ■ Each player at the U14 level and younger must have an opportunity to play (6A)

2017	2018	2019	2020	2021
Actions Recommended				
<ul style="list-style-type: none"> ■ Coaches U16 and U18 submit yearly training plan and practice plans ■ Work with partners including CFL, CJFL, and CIS to expand non-contact programming ■ Committee of female representatives to investigate female player development/opportunities ■ 6+ calendar days between competitions ■ Minimum roster size to start a season and to play a game (2F) 	<ul style="list-style-type: none"> ■ Maximum roster sizes ■ Standardized age categories and names (1A) ■ Practice calendar (4B) 	<ul style="list-style-type: none"> ■ Create both regional (U16 + U18) and provincial (U14 + U16) championships ■ Create and establish a national non-contact league run by Football Canada including the PSO's as conferences. ■ Only 5 out-of-season tackle football games can be participated in each year and they must be approved by the governing provincial bodies (2C) 	<ul style="list-style-type: none"> ■ Each player at the U16 level must have an opportunity to play 	

Appendix B

Definitions:

Off-season: Period extending from the day after the last game of a season until the first day of the Safe contact week

Safe Contact week: One mandatory week at all level to teach proper tackling and blocking technique before the start of the season

Pre-season: Period of variable duration depending on the level where no games are played that starts after the Safe contact week and ends the week before the In-season period (the week before the 1st game week)

In-season: Period of competition starting the week before the first game and ending after the last game

U8 (non-contact only)				
	Off-season	Pre-season	Safe Contact Week (1 week before pre-season)	In-season
Number of practices	None allowed	None	3 practices allowed	2 practices/week
Length of practices	N/A	N/A	60 minutes max.	60 minutes
Two-a-days	N/A	N/A	N/A	None allowed
Number of games	None allowed	None allowed	N/A	4 games max. 1 developmental game (Recommended)

U10				
	Off-season	Safe Contact Week (1 week before Pre-season)	Pre-season (1 week before 1st game week)	In-season
Number of practices	None allowed	3 practices allowed	3 practices allowed	2 practices/week
Contact to non-contact ratio	N/A	Helmets only	First 2 practices must be helmets only with 3rd practice being full pad optional	30 minutes max. of contact per practice
Length of practices	N/A	60 minutes max.	90 minutes max.	90 minutes max.
Two-a-days	N/A	N/A	N/A	None allowed
Number of games	None allowed	N/A	None allowed	6-8 games maximum (including 1 developmental game)

U12				
	Off-Season	Safe Contact Week (1 week before Pre-Season)	Pre-Season (1 week before 1st game week)	In-Season
Number of practices	3 practices	3 practices allowed	4 practices allowed	3 practices maximum/week
Contact to non-contact ratio	All non-contact	Helmets only	1 practice with helmets only No contact practices two days in a row	3 practices/1 must be helmets only
Length of practices	90 minutes	60 minutes max.	90 minutes max.	90 minutes max.
Two-a-days	N/A	N/A	None allowed	None allowed
Number of games	None allowed	N/A	None allowed	7-9 games (including 1 developmental game)

U14				
	Off-Season	Safe Contact Week (1 week before Pre-Season)	Pre-Season (1 week before 1st game week)	In-Season
Number of practices	5 practices	3 practices allowed	4 practices allowed	3 practices maximum
Contact to non-contact ratio	All non-contact	Helmets only	Must have 1 practice with helmets No contact practices two days in a row	3 practices/1 must be helmets only
Length of practices	90 minutes	60 minutes max.	90 minutes max.	90 minutes max.
Two-a-days	N/A	N/A	None allowed	None allowed
Number of games	None allowed	N/A	None allowed	8-10 games max. (including 1 developmental game)

U16				
	Off-season	Safe Contact Week (1 week before Pre-season)	Pre-season (2 weeks before 1st game week)	In-season
Number of practices	10 maximum	3 practices allowed	6 practices minimum 8 practices maximum	4 practices maximum
Contact to non-contact ratio	All non-contact	Helmets only	Maintain a 3 contact/1 non-contact practice ratio	4 practices/1 must be helmets only 3 practices/1 must be helmets only
Length of practices	120 minutes	60 minutes max.	120 minutes max.	120 minutes max.
Two-a-days	None allowed	N/A	None allowed	None allowed
Number of games	None allowed	N/A	None allowed	10 games max. (1 exhibition, 6 regular season, 3 playoff)

U18				
	Off-season	Safe Contact Week (1 week before Pre-season)	Pre-season (2 weeks before 1st game week)	In-season
Number of practices	10 maximum	3 practices allowed	6 practices minimum 15 practices maximum	4 practices maximum
Contact to non-contact ratio	All non-contact	Helmets only	Maintain a 3 contact/1 non-contact ratio	4 practices/1 must be helmets only 3 practices/1 must be helmets only
Length of practices	120 minutes	60 minutes max.	120 minutes max.	120 minutes max.
Two-a-days	None allowed	N/A	4 two-a-days maximum Only 1 padded practice allowed in a two-a-day	None allowed
Number of games	None allowed	N/A	None allowed	12 games max. (1 exhibition, 8 regular season, 3 playoff)

Appendix C

Male tackle football		
	Current	Proposed
U14	<ul style="list-style-type: none"> No championships 	<ul style="list-style-type: none"> Provincial championships only
U16	<ul style="list-style-type: none"> Provincial championships (sometimes provided) Regional championships (sometimes provided) 	<ul style="list-style-type: none"> Provincial championships Regional championships
U18	<ul style="list-style-type: none"> National championship (Canada Cup) International competitions <ul style="list-style-type: none"> International Bowl IFAF U19 (Junior) World Championship 	<ul style="list-style-type: none"> Regional championships National championship (Canada Cup) International competitions <ul style="list-style-type: none"> International Bowl IFAF U19 (Junior) World Championship
18+	<ul style="list-style-type: none"> Vanier Cup (CIS) Canadian Bowl (CJFL) International competitions <ul style="list-style-type: none"> International Bowl U19 (Junior) World Championship Senior World Championship 	<ul style="list-style-type: none"> Vanier Cup (CIS) Canadian Bowl (CJFL) International competitions <ul style="list-style-type: none"> International Bowl U19 (Junior) World Championship Senior World Championship

Female tackle football		
	Current	Proposed
U14	<ul style="list-style-type: none"> No championships 	<ul style="list-style-type: none"> Provincial championships
U16	<ul style="list-style-type: none"> No championships 	<ul style="list-style-type: none"> Regional championships
U18	<ul style="list-style-type: none"> No championships 	<ul style="list-style-type: none"> National championships
18+	<ul style="list-style-type: none"> Football Canada Women challenge International competitions <ul style="list-style-type: none"> Women World Championship 	<ul style="list-style-type: none"> Football Canada Women challenge International competitions <ul style="list-style-type: none"> Women World Championship

Non-contact football (male and female)		
	Current	Proposed
U14	<ul style="list-style-type: none"> No championships 	<ul style="list-style-type: none"> Provincial championships
U16	<ul style="list-style-type: none"> No championships 	<ul style="list-style-type: none"> Provincial championships Regional championships
U18	<ul style="list-style-type: none"> Flag Nationals <ul style="list-style-type: none"> U16 category U18 category 	<ul style="list-style-type: none"> Regional championships Flag Nationals <ul style="list-style-type: none"> U16 category U18 category
18+	<ul style="list-style-type: none"> Flag World Championship 	<ul style="list-style-type: none"> Flag World Championship Football Canada non-contact league (PSO act as divisions)





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