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| Policy Category | Operational - Program  |
| Policy Name     | CDMFA Equipment & Field Requirements - 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   |

## Equipment & Field Requirements - Flag Football

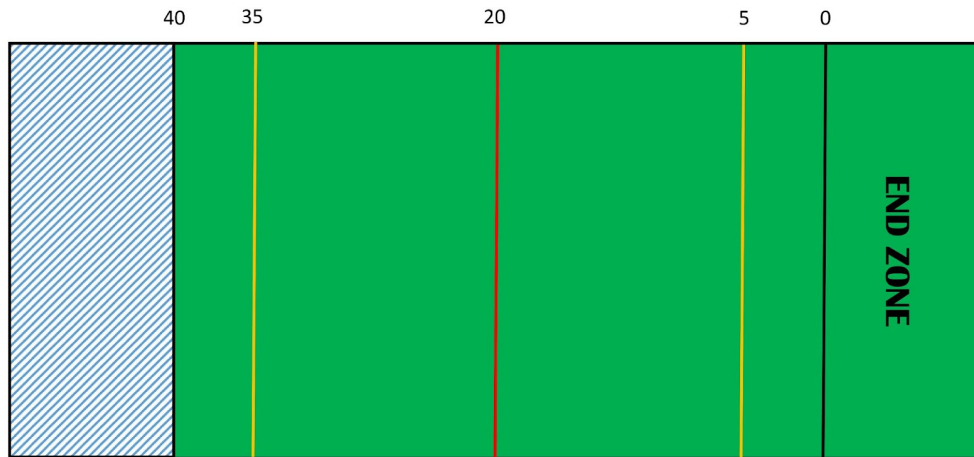
- The primary rules used by the CDMFA shall be those endorsed by the Canadian Amateur Football Association (Football Canada).
- Clubs and leagues are responsible for complying with the safety standards regarding equipment. These standards are stipulated in the Canadian Amateur Football Rulebook.

### 1. Football Stadium/Field

#### 1.1. Field Specifications 5v5

##### 1.1.1. For U8, U10, U12

5 vs 5 Field Layout (30x40)

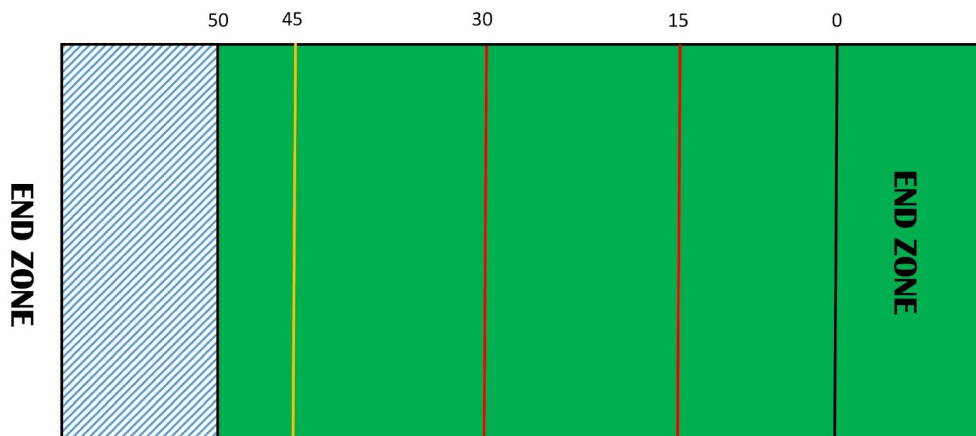


### SHOOT OUT STYLE

#### 1.2. Field Specifications 7v7

- 1.2.1. For U14, U16
- 1.2.2. The field shall be 50 yards by 50 yards with 3, 15-yard increments and a 10-yard end zone
- 1.2.3. The size of the field may be altered for specific events and to suit the needs or resources of independent leagues

7 vs 7 Field Layout (50x50)



## SHOOT OUT STYLE

- 1.3. Goal posts are not required for the game of flag football. If they exist on the field, they must be padded to prevent injury and must be in the end zone if present
- 1.4. league/tournament organizers should decide the ground rules regarding obstructions and inform the teams and officials of these decisions in writing prior to the season/tournament
- 1.5. Sideline Access & Layout
  - 1.5.1. The team bench areas should be on the same side of the field unless circumstances dictate otherwise.
  - 1.5.2. The team bench area is to be marked. All team accessories, such as buckets, bags and equipment, should be placed at least 5-yards from the sidelines
  - 1.5.3. Team members must stay in the team bench area (between the 20 yard lines) unless they are entering the field during the legal substitution as a player. (Subject to penalty)
  - 1.5.4. Only team members are allowed to stay in the the team bench area (Subject to penalty)
- 1.6. **Support Structures**
  - 1.6.1. Immediate access to washrooms
- 1.7. **Spectator Seating**
  - 1.7.1. There should be a fence to separate the spectators from access to the field
  - 1.7.2. Fans and parents are not to come on the field. If they are not on the roster, they are not to be on the field during game play.

## **1.8. Other Facility Requirements**

- 1.8.1. A concession area is optional, but if the site has one it must be accessible to all the spectators and be subject to inspection from local food preparation and handling regulators.
- 1.8.2. Snow removal must be provided as necessary to ensure the safety of players, coaches, staff and spectators.

## **2. Ball**

- 2.1. Teams may use their own ball or mutually agree to use one game ball.
- 2.2. For youth leagues / recreational play, it is recommended that appropriately sized footballs are used for both male and female players to accommodate the players' abilities.  
Suggested:
  - 2.2.1.1. the K2 Football for Novice Level
  - 2.2.1.2. the K2 Football for Atom Level
  - 2.2.1.3. the Wilson TDJ Football for PeeWee level.
  - 2.2.1.4. the Wilson TDY Football for Bantams.
  - 2.2.1.5. the Wilson NCAA/TDS for Midget.
- 2.2.2. Or other manufacturers meeting the same specifications as above mentioned Wilson Balls.
  - 2.2.2.1. Approved options added May 2022
    - 2.2.2.1.1. Novice: composite or leather Wilson K2 or Nike Vapour Size 6 or Wilson GST Size PeeWee
    - 2.2.2.1.2. Atom: composite or leather Wilson K2 or Nike Vapour Size 6 or Wilson GST Size PeeWee
    - 2.2.2.1.3. PeeWee: composite or leather Wilson TDJ, composite or leather Nike Vapour Size 7, or composite or leather Wilson GST Junior Size
    - 2.2.2.1.4. Bantam 9v9: composite or leather Wilson TDY, leather or composite Nike Vapour Size 8, or leather or composite Wilson GST Youth Size
    - 2.2.2.1.5. Bantam 12v12: leather or composite Wilson TDY, leather or composite Nike Vapour size 8, leather or composite Wilson GST Youth Size
- 2.2.3. Balls may be leather or composite.
- 2.2.4. Regional, National & International tournaments/championships, the balls to be used will be specified in the Technical package for that event
- 2.3. No team or player is permitted to make alterations to the natural surface of the ball. (Subject to penalty)
- 2.4. 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.

## **3. Game Equipment & Team Requirements**

Each team will be required to provide

- 3.1. 2 game balls (as defined in section 2)
- 3.2. 2 bean bags
- 3.3. 30 collapsible pylons (setting up one sideline and half the end zone)
- 3.4. Trainer/Emergency bag (as defined in Safety Personnel Policy)
  - 3.4.1. Including the team Emergency Information Binder
- 3.5. One volunteer to work the sidelines with the officials

## 4. Uniform & Player Equipment

### 4.1. General

- 4.1.1. No player shall wear equipment of any kind which may injure the opponent. The referee may remove from the game any player who is wearing equipment which, in the Referee's opinion, endangers a participant.
- 4.1.2. The prime responsibility to ensure compliance to the mandatory requirements for uniforms and equipment rests on the Head Coach or his/her designate.
- 4.1.3. If a player is wearing unacceptable attire, equipment or shoes, the player must leave the game for at least 1 play and remove the offending equipment before returning. If the player returns with the same equipment, the team will be subject to a penalty.
- 4.1.4. Inspections of players' attire and equipment will be inspected by the official at the beginning of each game. The referee has the final decision and will decide on any on-field ruling not covered by the rule book.

### 4.2. Uniforms

- 4.2.1. Official league/tournament uniforms must be worn during league play
  - 4.2.1.1. Jerseys must be tucked into players shorts and cannot cover the players' flags at any point
  - 4.2.1.2. A players with flags covered will be considered "touch"
- 4.2.2. If numbered jerseys are worn, then all players must wear different numbers and ensure they are visible. Changing jersey numbers during a game is prohibited
- 4.2.3. Uniforms cannot contain any equipment that would cause injury to any player, such as flexible padding
- 4.2.4. Players must not wear shorts or pants that have pockets, belts, press studs or clips of any kind.
- 4.2.5. Shorts or pants must be of a colour different from the flags, to avoid camouflage of flags
- 4.2.6. Players cannot tape or secure their shorts or pants to meet this regulation. Short pockets may be sewn shut so that an opponent's finger does not get caught and passes inspection of the game official.
- 4.2.7. All leggings, long sleeve shirts, or other undergarments (additional clothing layers) must be worn under the uniforms.

### 4.3. Player Equipment

- 4.3.1. All players must wear a protective mouthguard, no exceptions
- 4.3.2. Flags must be located on the players hips
  - 4.3.2.1. Players with improper flag locations will be considered "touch"
- 4.3.3. A player is permitted to wear an athletic supporter/protector, completely covered by clothing.
- 4.3.4. Tape or bandages are permitted if they are non-abrasive or not of a non-hardening material in a wet or dry state
- 4.3.5. Jewelry must be removed prior to the start of the game. If it is not possible to remove the jewelry, it must be covered up completely, padded and secured. Medical bracelets may be worn but they must be fastened securely so as not to cause injury. (piercings that are not removed must be taped)
- 4.3.6. Soft headgear, including religious headdress that are securely fastened and do not include metal or hard plastic that could be harmful to participants, is permitted.
  - 4.3.6.1. Baseball caps, or any hard-brimmed hat, are not permitted
  - 4.3.6.2. Soft head-gear (scrum caps) are permitted if properly fastened
- 4.3.7. Sunglasses are not permitted

- 4.3.8. Knee and elbow guards must be flexible and contain no hard material
- 4.3.9. Arm casts may be worn only to protect an injury and must be flexible and contain no hard materials in a wet or dry state.
- 4.3.10. Knee braces may be worn, but must be completely covered by pants or by adhesive or tensor bandages such that no part of the brace is exposed, so a finger cannot be placed between any edge of the brace and the leg.
- 4.3.11. Finger splints may be worn to protect an injury, but the finger splint must be appropriately padded.
- 4.3.12. If a player or official has any part of their uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being 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.
- 4.3.13. Players may wear cleats
  - 4.3.13.1. Cleats must be rubber
  - 4.3.13.2. There is no minimum or maximum number of cleats to be worn
  - 4.3.13.3. No metal: spikes or similar sharp pointed type shoes such as track spikes, metal baseball cleats, or golf shoes are not permitted.
- 4.3.14. Play cards, play books, and play sheets may be used if safely secured during play.

## 5. CDMFA Flag Game Rules (5v5) NOVICE

### 5.1. Player Positioning: Offense

- 5.1.1. 5 players max
- 5.1.2. Offense must have a least a center lineman and one receiver on the line of scrimmage
- 5.1.3. All players are considered eligible receivers

### 5.2. Player Positioning: Defence

- 5.2.1. 5 players max
- 5.2.2. All defense must be 5 yards off the line of scrimmage
- 5.2.3. Defense can rush one player but they must be lined up 7 yards off the line of scrimmage before the snap of the ball

### 5.3. Penalties

- 5.3.1. Where it directly affects the play, will result in: replay the down
- 5.3.2. Coaches are asked to talk to the player guilty of the infraction, this is a learning opportunity for everyone

### 5.4. Timing

- 5.4.1. Field time will be scheduled for 90 minutes per scheduled game
- 5.4.2. 15 minutes is allocated for on-field warm-up
- 5.4.3. 60 minutes is allocated to the game and to ensure they do not overrun and impact the next game, they will end 70 minutes after they start, with no exception
- 5.4.4. No more than 1 minute will be allowed between each play, to keep the game moving
  - 5.4.4.1. Players requiring additional coaching, should be sent to the sidelines to speak with another coach
- 5.4.5. No more than 3 minutes will be allowed to change possession

### 5.5. Fair Play

- 5.5.1. Reference the CDMFA Fair Play Policy

- 5.5.2. Fair play rules will be in effect and openly communicated to parents as a Novice league standard
- 5.5.3. All players will be given the opportunity for 10 plays during the game
- 5.5.4. This is done on an honour system as there are many factors that may prevent kids from getting 10 plays that are out of the coach's control
- 5.5.5. Teams are encouraged to assign a parent volunteer to count and control the rotation
- 5.5.6. As Novice Flag is focussed on learning and development, it is encouraged that all players play all positions at some point in the season. Encouraged, but not required. For example: putting a very small player as the center may not be "fun" for them.

## 6. CDMFA Flag Game Rules (5v5) ATOM & PEEWEE

- 6.1. Games will be shoot-out style with the offensive team starting at the 35 yard line.
- 6.2. The offensive team takes possession of the ball at the 35-yard line and has four (4) plays to cross the 20-yard line. Once a team crosses the 20-yard line, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on the 35-yard line.
- 6.3. To begin a play, the ball must be snapped by the offensive center, from the point of scrimmage to the quarterback. There is no minimal distance required by the quarterback who can be either up close to the center or in shot-gun formation. If a ball touches the ground, it will be whistled dead and loss of down.
- 6.4. Defense can rush the quarterback from the rush line 7-yards back from the line of scrimmage.
- 6.5. Defense must switch rusher after each change of possession. (For player development we want different players rushing the quarterback)
- 6.6. An automatic first down by penalty will overrule the other requirements regarding four (4) plays to make either a first down or score. Rules used in international competition, there are four (4) plays to cross mid-field or score a touchdown.
- 6.7. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the 35-yard line.
- 6.8. All possession changes, except interceptions, start on the offensive 35-yard line.
- 6.9. If an offensive penalty passed midfield occurs, which causes the ball to be placed behind midfield marker, the offensive team must still make a touchdown in 4 plays.
- 6.10. "No-running zones," are located five (5) yards in front of each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the ball carrier cannot run across the line of scrimmage. (No running plays)
- 6.11. The passer cannot run with the ball past the line of scrimmage, unless the ball has handed, tossed or pitched to another player and it has been returned.
- 6.12. Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed, pitched or passed in any way.
- 6.13. An offense may use multiple handoffs behind the line of scrimmage. Only backward and lateral handoffs are allowed during the down.
- 6.14. Forward pass – Ball must be on or beyond the line of scrimmage to be legal.
- 6.15. After any successful touchdown a convert attempt is awarded to the scoring team. A convert is a scrimmage play from either the opponent's 3-yard line (1 point), or 10-yard line (2 points), whichever the offensive team chooses, where they get the designated points if they successfully cross the goal line in one play. The convert series does not count as a play.

6.16. There are no kickoffs in the game of 5v5 flag football.

7. CDMFA Flag Game Rules (7v7) BANTAM

7.1. Bantam Flag Football Rules:

7.1.1. Games will be shoot-out style with the offensive team starting at the 45 yd line.

7.1.2. Interceptions returned to the 50 yd will be Touchdowns.

7.1.3. Coaches must be on the sideline and may only enter the field of play to tend to an injury.

7.2. Starting:

7.2.1. At the beginning of any half, the ball is placed in the middle of the 45-yard line of the team that will be on offense.

7.3. Playing & Rest Periods:

7.3.1. Each half consists of 30 plays. Points after touchdowns and plays with penalties where downs are repeated are not considered plays.

7.3.2. A maximum five-minute half time will be observed unless shortened by the Head Referee.

7.4. Series of Downs:

7.4.1. The offensive team has three downs to carry the ball across one 15-yard increment.

7.4.2. A down may be repeated following the application of a penalty against either team. If in a series of three downs, the offensive team has not crossed an increment forward of where the team took possession of the football, then the ball shall be awarded to the opponents as first down at the 45 yd line. If the required increment is crossed, a new series of three downs begins.

7.4.3. The continuity of downs is interrupted when the ball passes into the possession of opponents, or the required increment is not crossed.

7.4.4. If the forward point of the ball crosses an increment, it will be considered as having crossed the line and is spotted on the line for the next series of downs.

7.5. Touchdown:

7.5.1. A touchdown is scored when a player with possession of the football meets all conditions of Rule 15 (Ball in Goal) in his opponent's goal area.

7.5.2. After any touchdown and/or convert attempt, the team scored against gets possession of the ball at the 45 yd.

7.6. Convert:

7.6.1. After any successful touchdown a convert attempt is awarded to the scoring team. A convert is a scrimmage play from either the opponent's 3-yard line (1 point), or 10 yard line (2 points), whichever the offensive team chooses, where they get the designated points if they successfully cross the goal line in one play. The convert series does not count as a play.

7.7. Time Count:

7.7.1. The referee shall allow the offense 25 seconds to put the ball into play after the play has been whistled in.

7.8. Player Restrictions:

7.8.1. The offence must have a minimum of 3 players on the line of scrimmage, one of which must be the center. The two other players must be within 5 yards of the center on the

line of scrimmage and must be stationary in a 2 or 3-point stance at the snap of the ball.

- 7.8.2. Quarterbacks may not run. They are eligible to run with the ball if they lateral to another player and get the ball back by a lateral or a legal forward pass.
- 7.8.3. The defense may only rush the quarterback with a maximum of 3 players.
- 7.8.4. If the quarterback hands off, laterals or even shows a fake hand off then there is no limit or restrictions on the number of players the defense may rush with.