



Flag Football Uniform Standards 2023

CDMFA FLAG DRESS CODE STANDARDS: Please keep these summarized rules in mind when getting ready for game-day, as per the CDMFA league policy to ensure safe play for all athletes. *Coaches are not responsible for player's valuables or personal items during games.

-Official league/tournament uniforms must be worn during league play. Jerseys must be tucked into players shorts and cannot cover the players' flags at any point. Flags must be located on the player's hips. A player with flags covered will be considered "touch".

-Players must not wear shorts or pants that have pockets, belts, press studs or clips of any kind. Shorts or pants must be of a color different from the flags, to avoid camouflage of flags. Players cannot tape or secure their shorts or pants to meet this regulation. All leggings, long sleeve shirts, or other undergarments (additional clothing layers) must be worn under the uniforms.

-All players must wear a protective mouthguard, no exceptions. The club will provide 1 mouthguard per player. Players are responsible for replacing lost or damaged mouthguards before game time.

-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). Sunglasses are not permitted

-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. Baseball caps, or any hard-brimmed hat, are not permitted

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

-Players may wear cleats. Cleats must be rubber. There is no minimum or maximum number of cleats to be worn. No metal: spikes or similar sharp pointed type shoes such as track spikes, metal baseball cleats, or golf shoes are not permitted.

-The referee may remove from the game any player who is wearing equipment which, in the Referee's opinion, endangers a participant. 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. Inspections of players' attire and equipment will be inspected by the official at the beginning of each game.

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