

## **ROPSSAA FLAG FOOTBALL**

### **PLAYING REGULATIONS**

#### **1. DATE**

- (a) The girls' flag football season will run in the fall as per the ROPSSAA Constitution and Co-Curricular Schedule.
- (b) The start time for league games will be:  
Single: 3:30pm  
Double: 1:30pm
- (c) The start time for playoff games and games after daylight saving time will be:  
Single: 2:30pm  
Double: 12:30pm

#### **2. LOCATION**

- (a) All playoff games will be played on the field of the team which ranked higher in league division standings at the end of the season. In the event two teams have the same record, there will be a coin toss to determine the home team.
- (b) All playoffs games must be played on regulation size fields. If not, the game will be played at an alternate site determined by the higher ranked team.
- (c) Where possible, the finals will be held at a neutral site determined closer to event date.
- (d) All league and playoff games must be played on the main regulation sized field.

#### **3. ELIGIBILITY**

- (a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution. The eligibility list must be submitted by the deadline announced at the pre-season meeting.
- (b) A participant shall not have attained their 19<sup>th</sup> birthday by January 1<sup>st</sup> prior to the start of the school year in which the competition is held (for the 2023 – 2024 school year, born in 2004 or later).
- (c) Team Eligibility
  - (i) Individuals are eligible for 1 level of competition only.
  - (ii) For team sports, individuals must have participated in at least 50% of their team's league games to be eligible for playoffs and OFSAA competition. Players missing games due to injury (INJ), or awaiting transfer approval (ATA), must appear so designated on a game sheet to maintain their eligibility. Games missed due to injury are subject to review of a doctor's note. Players under game or school suspension may not have their name included on a game sheet for participation percentages.

- (iii) All game sheets/rosters are to include the full names of all those in the bench area (players, coaches, managers). In order to be in the bench area an individual's name must appear on the eligibility sheet. Players under game or school suspension may not sit in the bench area.
- (iv) Individuals are deemed to have played if their name appears on a game sheet. Individuals must be present at a game to be included on a game sheet.
- (v) A staff member must be present in the bench area from the start of the warm-up until the last competitor has left the area.
- (vi) Each team is responsible for uploading their game sheet by 12:00noon the day following the game. Failure to upload game sheets may results in teams being ineligible for playoffs.

#### 4. OPERATING STRUCTURE

##### (a) Regular Season

There will be two levels of competition. Coaches may choose their level of play with the following exceptions:

- (i) Only tier one teams whose record was below .500 will be allowed to choose to go tier two for the 2023 season.
- (ii) The tier two ROPSSAA champion and teams that finish first in their division in tier two MUST go tier one the following year. This may be appealed. Appeals must be received by June 1.

Note: For the 2023 season the following teams will have to go tier one:

*Bramalea, Cawthra Park, Heart Lake, John Cabot, Lorne Park, Mayfield, Robert Hall, St. Aloysius Gonzaga, St. Edmund Campion, and St. Martin.*

##### (b) Playoffs

- (i) The playoff structure will be drawn up prior to the preseason meeting. Divisions will be assigned a position (i.e. 1, 2, 3 ...) through random draw. The draw will occur during the preseason meeting with all coaches present. This will be done if there is not equal representation for each division.
- (ii) The number of teams advancing to the playoffs will be as per the ROPSSAA Constitution.

- (c) Regular season games will not end in a tie – the Canadian Rule Book for Flag Football rules will apply. One point will be awarded for an overtime loss.

(d) Tie-Breaking Procedure - League Standings

Ties in league standings will be broken in the following manner:

- (i) The result(s) of the league game(s) between or among the teams involved.
- (ii) Defensive points between teams involved.
- (iii) Point differential between teams involved (to a maximum 19)
- (iv) Defensive points against opponents in division.
- (v) Point differential against opponents in the division (to a maximum differential of 19)
- (vi) Coin toss

Note: Once one team has been determined, start with criteria number 1 again with the balance of the teams until all team ranks are determined.

(e) Tie breaking Procedure – Regular Season Games

Convert Attempts

- (i) In the event of a tie, in the regular season, in which a winner must be declared, a series of convert attempts will be used to determine a winner.
- (ii) Declaring a Winner – Each team will attempt three converts, alternating on offence and defence. Teams will attempt either one or two-point converts respectively from the 5 or 10-yard line. The team with the most points after three attempts by each team will be declared the winner.

If the teams are still tied after three attempts by each team, they will continue to run alternate sudden death converts until one team has more points.

- (iii) Coin Toss – Team captains will meet at center field to conduct a coin toss. The winner of the coin toss shall choose to be the offence or the defence to begin the convert attempts.

(f) Tie Breaking Procedure – Playoffs

- (i) Each team will get one opportunity to scrimmage the ball on the opponents 25 yard line and try to score in the regular four (4) downs for 15 yards.
- (ii) If still tied, regular season convert rules apply.

(g) Scheduled Games

- (i) Coaches are responsible for reviewing final league game schedules and playoff schedules as to locations, dates, and times to ensure their attendance.

- (ii) Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. The defaulting team will cover all cost associated with the game as determined by ROPSSAA Council.
- (iii) Failure to fulfill game requirements leading to the abandonment of a game will result in a loss for that team. An incident report must be completed and submitted to the ROPSSAA Athletic office by the abandoning team within 24 hours of the game. No scores shall be entered until after a Board of Inquiry. A team abandoning a game may be required to cover any costs incurred as determined by ROPSSAA Council.
- (iv)
  - a) Schools must bring their own warm-up equipment and first aid kit.
  - b)
    - (i) Schools must endeavour to arrive no earlier than 60 minutes before game time. Teams arriving earlier than this must be supervised by the head coach in an area where students from the home school do not congregate. Schools with team members who do not travel with the head coach (in taxis, cars, on foot, etc.) must inform players that they must wait for their head coach and should ensure that the head coach is the first to arrive at the host school.
    - (ii) Schools arriving for an away game between 30 and 60 minutes before game time must accompany the head coach to the competition area and liaise with the host school. The visiting team will be provided a safe waiting area and change room during this time and the visiting head coach must provide supervision of his/her players. Visiting athletes must bring all belongings with them to the competition area.
    - (iii) Visiting schools are entitled access to the competition area at the same time as the host school, and no later than 30 minutes before the game time (pertains to the first game).
    - (iv) Visiting schools are entitled access to a safe waiting area and change room at the completion of the competition.

## 5. ENTRIES

- (a) A team shall consist of no more than 25 players dressed for each game.
- (b) The team eligibility list must be in the hands of the Athletic Convenor by the deadline date provided at the pre-season meeting. Should the list not be received by the stated time, the school involved shall default that game and any further games until said list is received, and a \$25.00 fee will apply (as per the Constitution).

6. EXPENSES

- (a) All expenses for home and away league games, and playoff games will be met by the two schools involved. The host school will be responsible for payment of the officials. The visiting school will provide their own transportation for games. The official expenses for the finals may be met by ROPSSAA.
- (b) If possible, two officials will be obtained for every league and playoff game. If only one official is used, the official should receive one and a half times the regular fee.
- (c) There will be 3 officials for the ROPSSAA Championship.

7. RULES AND OFFICIALS

- (a) *The rules of the Canadian Rule Book for Flag Football association shall govern play.*
  - (i) Teams will be assigned to opposite sides of the field. Home teams to be on the fan/bleacher side of the field.
  - (ii) In the Championship game, both teams will be assigned to the same side of the field (opposite of the fans). All those on the game sheet are to remain in the designated bench area during the game.
- (b) Major Fouls, two types of major fouls will be penalized:
  - (i) A 15 yard penalty with a warning.
  - (ii) A 25 yard penalty with an ejection, the ejected player may be replaced.
- (c) Officials are to verbally address each sideline with penalty calls.
- (d) Fans must stand 10 yards back from the field on their team's side.
- (e)
  - (i) A 'Mercy Rule' is to be applied in all regular season games when there are two minutes remaining in the game. At that time, if one team is leading by 19 points or more, the game is declared final.
  - (ii) It will be up to the losing coach to decide whether to apply the Mercy Rule during playoffs. Once a decision is made, the decision is final.
- (f) Teams may only film games involving their school. If **ANY** representative from a school films a game that they are **NOT** involved in, they will forfeit their next game involving **BOTH** teams they filmed.

8. AWARDS

- (a) The Championship trophy is to be presented to the winning team at the conclusion of the championship game.
- (b) ROPSSAA gold medallions, up to a total of 25, are to be presented to members of the winning team at the conclusion of the championship game.

- (c) ROPSSAA silver medallions, up to a total of 25, are to be presented to the members of the second place team at the conclusion of the championship game.

Note: Should there be fewer than 6 participating schools or individuals in a sport gold medallions only will be distributed.

## 9. UNIFORMS

- (a) Team members, must be dressed in identical colours. Sweaters must be tucked in or cut off so as not to cover the belt or flags in any way. Shirts must have large visible numbers (1 or 2 digits), ideally on the front and back of the jersey. Shorts must be a different solid colour than the flag worn.
- (b)
  - (i) Each player must wear an official IFAF sonic flag belt with 3 regulation flags attached. Every effort must be made to keep one flag on each hip and one in the middle of the back. These flags may not be altered or cut and the socket must not be glued or changed in any way.
  - (ii) Flag sizes must be 42cm by 5cm.
- (c) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.
- (d) Players must not have pockets or snaps on their shorts.

## 10. SCORING

- (a) In regular scheduled play the following points will be awarded for each game:
  - 2 – win
  - 1 – overtime loss
  - 0 - loss
- (b) A default score will be recorded as 19-0.
- (c) If a score exceeds a 19 point difference, the game score will be reported and recorded as a 19 point differential.

## 11. EQUIPMENT

- (a) A field correctly lined with boundaries no more than 5 yards less in length or width than the regulation size of 50 meters wide and 100 meters long. Goal posts must be padded.
- (b) Each team will supply their own junior official leather or synthetic football. No rubber balls.
- (c) No jewellery, chains, rings, or watches may be worn. Jewellery may not be covered by tape or other material.

- (d) No padding of any kind may be worn.
- (e) Mouth guards must be worn.

12. DEPORTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (b) Any coach ejection from the game will result in a forfeiture of the game.

13. JURY OF APPEAL

- (a) A Jury of Appeal will rule on all disputes which do not fall under the jurisdiction of the officials. This Jury, constructed at the pre-season coaches meeting will consist of the Convenor and four coaches from participating schools.

14. MEDICAL PERSONNEL

- (a) Each school must bring a first aid kit to each game.