

**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  
Singles: 3:30pm  
Doubles: 1:30pm
- (c) The start time for playoff games and games after daylight saving time will be:  
Singles: 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 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) Where possible the finals will be held at a neutral site determined closer to event date.
- (c) 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 preseason 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 (January 1, 2009, born in 1990 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. 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 doctors 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 name 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.

#### 4. OPERATING STRUCTURE

##### (a) Regular Season

There will be two levels of competition. Schools shall indicate whether they wish to compete at Tier 1 or Tier 2 when the fall intents are due.

##### (b) Playoff

Structures to be determined at the preseason meeting, and approved by ROPSSAA Council.

##### (c) Regular season games will not end in a tie - HPFF rules will apply.

##### (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) Defensive points against opponents in division

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 – ALL Games

###### Convert Attempts

- (i) In the event of a tied game 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) 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. A default fee of \$100.00 will be assessed each time a school fails to attend at the scheduled time.

Appeals may be made for the forfeiture occurring and must be submitted to ROPSSAA Council with a fee of \$25.00.

- (iii) Failure to fulfill game requirements leading to the abandonment of a game will result in a loss for that team. An abandonment fee of \$100.00 will be assessed each time (does not apply to coach ejection). Appeals may be made for the forfeiture or abandonment of a game and must be submitted to ROPSSAA Council with a fee of \$25.00.

- (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 not 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 game. If only one official is used, the official should receive one and a half times the regular fee.
- (c) Where possible, there will be 3 officials for all rounds of playoffs.

7. RULES AND OFFICIALS

- (a) The rules of the Halton Peel Flag Football (HPFF) 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.
- (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 teams 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 18 points or more, the game is declared fins.
  - (ii) The Mercy Rule is not in effect during the playoffs.

8. AWARDS

- (a) The Championship trophy is to be presented to the winning team at the conclusion of each the championship games.
- (b) ROPSSAA gold medallions, up to a total of 25, are to be presented to members of the winning team at the conclusion of each 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 each 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 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
  - 0 - loss
- (b) A default score will be recorded as 6-0.
- (c) If a score exceeds a 21 point difference, the game score will be reported and recorded as a 21 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.
- (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.