



FLAG FOOTBALL (boys and girls)

Values; Integrity, Respect, Inclusion, Sportsmanship, Education

last updated September 12, 2024 (Tim White)

(refer to Article1: Vision, Mission, and Values)

1. OFFICIAL RULE BOOK

The [Canadian Amateur Rule Book Flag Football](#)

All teams and leagues will play according to the 7v7 guidelines in the Canadian Amateur Rule Book Flag Football. Please review the rules and guidelines carefully.

Ejection(s) of any participant from a CISAA game (player, coach, spectator) will be reported to the CISAA Director. Ejection from the game will result in a minimum suspension of ONE (1) league game (includes playoff and championship games). Further sanctions may apply if the circumstances require a review by the CISAA Director or the formation of an Investigations and Outcomes Committee.

Additionally for Girls flag football leagues;

- i) The offense has four downs to get 15 yards (a first down)
- ii) No rouges/single points
- iii) No time limit on QB passing
- iv) A minimum of four players on offense must be on the line of scrimmage at the time of the snap. **Motion can be laterally or toward their own goal. No forward motion** - receivers cannot be moving forward at the time of the snap

2. OFFICIALS

- a) All schools must arrange for their own referees. Two referees are required.
- b) The HOME school pays the Referee fees.
- c) Referee no show
 - i) In the case of a no show Referee, the game will only be played as a league game on mutual consent of both coaches prior to the start of the game. When the Athletic Directors of the schools involved reschedule the game, the location will be determined by the visiting team.

3. **LENGTH OF GAME**

Senior/Junior/Under 14

- a) Regulation:
- i) A game is divided into four quarters of fifteen minutes each. The clock runs continuously during the quarters except for time outs and special timing provisions in the last two minutes of the second and fourth quarters (please review rules linked above). Each team has two 60-second timeouts per half (which cannot be carried over) and one 30-second timeout at each two-minute warning.
- b) Overtime:
- i) If the game is tied after regulation, a series of convert attempts will be used to determine a winner. Each team will send a captain for the coin toss. The winner of the coin toss will have the option to play offense first or second.
 - ii) Each team will get three attempts. They have the choice to attempt a one point convert from the five-yard line or a two point convert from the ten-yard line. The team with the most points after three convert attempts is the winner.
 - iii) If, after three attempts, the score is still tied, the teams will continue in a sudden death format until there is a winner.
- c) Multiple games in one day require a rest period between games of 30 minutes not including the warmup for the next game.
- d) Tri-Meet Structure:
- i) Where multiple games are scheduled, in a tri-meet or tournament format, coaches may reduce the length of each game to 4 x 12 minute quarters.
 - ii) Where more than one game is being played in one day, a minimum 30 minute rest should be afforded to the team that is playing back-to-back games. As a result, we are suggesting the following start times for tri-meets:

Game # 1: 1:00 p.m. or 1:30 p.m.	Host vs Visitor # 1
Game # 2: 2:30 p.m. or 3:00 p.m.	Visitor # 1 vs Visitor # 2
Game # 3: 4:00 p.m. or 4:30 p.m.	Host vs Visitor # 2

4. **STANDINGS & TIE BREAKERS**

(refer to Article 17: CISAA Tie Breakers)

(refer to Article 15: Forfeits and Cancellations)

- a) League standings will be calculated on the basis of:

3 points = Win

2 points = Win in Overtime

1 point = Loss in Overtime

0 point = Loss

There is a maximum score differential of 21

- b) Tie Breakers

Note: If more than two teams are tied and after any of the following tie breaking criteria all teams fail to remain tied then the remaining tied teams will revert to i. and the team(s) that fail to remain tied take their proper placing in the standings accordingly.

e.g. Teams C, D, and E are tied for third place and have identical records at 5-5-2 and have played each other once resulting in a combined 1-1 record for each of the three teams. Tiebreaker b) then would also be tied and we would progress to c). If at c), team C is +2, team D is +2 and team E is -4 then team E would take the lowest standing (fifth place) and teams C and D would revert to a). Conversely, if at c), team C is +4, team D is -2 and team E is -2 then team C would take the highest standing (third place) and teams D and E would revert to i.

- i. The record between the teams in their league game(s) - the team with the most points in the head to head game(s) takes the higher standing.
- ii. The team with the most regulation wins in all league games takes the higher standing.
- iii. If “ii” is tied, then the team with the higher point differential in the head to head league game(s) takes the higher standing. The maximum differential in any one game cannot exceed 21 points in calculating the point differential.
- iv. If “iii” is tied, then the team with the higher point differential in all league games takes the higher standing. The maximum differential in any one game cannot exceed 21 points in calculating the point differential.
- v. If “iv” is tied, then the team with the higher point differential in the head to head league game(s) takes the higher standing with no maximum differential in any one game.

- vi. If “v” is tied, then the team with the higher point differential in all league games takes the higher standing with no maximum differential in any one game.
- vii. If "i" through "vi" are tied, then the Convenor will flip a coin. The winner of the flip will take the higher standing. In the case of a multiple team flip, teams will flip until there is one odd team out who will then take the lowest standing. All remaining teams will revert to “i”.

5. **ELIGIBILITY**

(refer to Article 13: Eligibility for Participation)

(refer to Appendix 2: OFSAA Participation)

(refer to Appendix 3: CISAA Eligibility Sheet)

6. **UNIFORMS**

- a) Official jerseys must be worn during play and properly tucked into shorts and/or pants.
- b) All players must wear different numbers and ensure they are visible.
- c) Players must not wear shorts or pants that have pockets or zippers of any kind.

7. **EQUIPMENT and SAFETY**

(refer to Appendix 12: Emergency Action Plan)

(refer to section 11 in this document; OPHEA Safety Guidelines)

- a) Only **SONIC FLAG-A-TAG Belts** with three flags can be used. Every effort must be made to keep one flag on each hip and one in the middle of the back.

U14 will use flag belts with two flags which must be kept on each hip.
- b) Teams may use their own football during the game or, if they agree, one game ball may be used by both teams. The ball must be a Junior or Youth ball by any manufacturer.
- c) Mouth guards are **mandatory**. If a player is not wearing a mouth guard, he/she must leave the game for one play (or until they get a regulation mouth guard) and their team will be assessed a 10-yard penalty.
- d) Jewelry must be removed prior to the start of the game. If not possible to remove, it must be covered completely.
- e) Players must not wear shorts or pants that have pockets or zippers of any kind.
- f) **Rain/Snow:**
Games will be played even if it is raining or snowing, unless there is thunder or

lightning, or extremely heavy rain. In the event of lightning, the game should be stopped and may resume following a 30 minute delay, during which no subsequent lightning has occurred.

- g) In the latter part of the season, games should begin no later than 3:30 p.m. to avoid playing in the dark.

Field Regulations:

Senior/Varsity:

- a) A regulation field is 110 yard long and 54 yards wide with 10 yard deep end zones.
- b) A non-regulation field can be 80 yards, 90 yards, or 100 yards but **must meet the width and end zone requirements.**
- c) Goal posts are not required for flag football. If they are present, they must be padded to prevent injury.

U14:

- a) A regulation field is 60-80 yards long and 20-30 yards wide with 7-10 yard deep end zones.

8. **PLAYOFFS, CHAMPIONSHIPS & END OF SEASON EVENTS**

(refer to Article 18: Playoffs and Championships for general details)

9. **CONVENOR, COACH & HOST RESPONSIBILITIES**

(refer to Article 3: Coed of Sportsmanship)

(refer to Appendix 5: Sport & League Convenor Responsibilities)

(refer to Article 19: Discipline)

- a) Both coaches must report complete results by email to the *league convenor* within 24 hours of the game(s) being played.
- b) Any postponed or rescheduled game must be reported to the Convenor and updated on the website immediately. This is the responsibility of the team that initiated the change.
- c) Coaches must check the website to confirm that schedules are correct.

10. **AWARDS**

(refer to Appendix 19: CISAA Awards)

- a) CISAA plaques or trophies will be awarded to the champion at each level.
SR Individuals on the championship and finalist teams will receive CISAA gold and silver medals.

11. **OPHEA SAFETY GUIDELINES**

All CISAA member schools are required to meet the safety standards set out by OPHEA

as a minimum for participation in inter-school sport. The CISAA may, at its discretion, require additional safety standards.

See the OPHEA safety guidelines for FLAG FOOTBALL at the following link:
<https://safety.ophea.net/secondary/interschool/football-flagtouch>