



## **GMAA Flag Football Handbook**

### **Section 1: Sports Committee**

The Flag Football Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of the above sport or at the request of 1/3 of the coaches involved in this sport

### **Section 2: Team Entry and Classification**

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification:

Boys (Fall) or Girls (Spring)

Bantam, Cadet, or Juvenile

Division 3 (D3), Division 4 – Level 1 (D4.1), or Division 4 – Level 2 (D4.2)

### **Section 3: Player Registration & Eligibility**

3.1) Player Registration is due on S1 prior to the teams' first game.

3.2) There is no limit on the number of players a team can register, however, to participate in the playoffs, a player must have met the minimum eligibility requirements as outlined in the Governing Rules.

3.3) For those schools that have more than 1 team at the same level (Bantam, Cadet, Juvenile) but in a different division (D3, D4.1, D4.2) students are permitted to play 'up' for one game (same rule as people who play 'up' an age category). D4.2 to D4.1, D4.2 to D3, and D4.1 to D3. As soon as they play their second game with the higher division they cannot go back down. Players may not move down in the same age group.

### **Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)**

4.1) Uniform: each school shall be represented by players in uniform colour and type of dress. Uniform tops must be worn by all players. If two teams have similar coloured uniforms, the home team must use different coloured jerseys.

4.2) All items of jewelry (including hair accessories) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable.

4.3) Shorts and sweatpants with pockets are prohibited.

4.3) Flags: each player wears two (2) regulation flags placed on each side at their hips. Regulation flags are cloth flags. The white section of the flag (8 inches X 2 inches) must be worn inside the pants. The colored section of the flag (14 inches X 2 inches) must be worn on the outside of the pants. The referee should be able to see the beginning of the white part. Only regulation flags will be permitted. A team without the proper flags will forfeit the game.

4.4) No jewelry is permitted, reading glasses are not permitted either. Glasses must be modified for sports and made of plastic material and secured properly around the head.

4.5) Only a medical bracelet is permitted, and it must be tucked away safely with a wrist band or tape.

4.6) Mouthguards are mandatory for all players

### **Section 5: Scheduling & Starting Time**

5.1) The schedule shall be drawn up by the coaches or SAC Reps at a scheduling meeting. Each team is required to have one representative present to do the scheduling (see Governing Rules – Rule VI, Section 6). No scheduling may take place before the meeting begins and no division information will be given out prior to the scheduling meeting.

5.2) Every school is encouraged to play on Mondays and Fridays during the season (exception: Jewish schools). Double-headers should be scheduled as much as possible.

5.3) League games have priority over any exhibition game and/or tournament. League games will not be postponed due to conflicting schedules.

5.4) Teams should play a minimum of 6 (six) games and a maximum of eight (8) games (with a crossover if necessary).

5.5) There must be a minimum of 4 teams in a level to draw up a schedule of games for that level, otherwise the level will be eliminated and/or combined with another level.

5.6) Schools will be permitted to enter more than one team in same category (Juvenile, Cadet, or Bantam.) Schools will also be permitted to enter a maximum of two teams at the same level in the same category. For those schools that have two teams at the same level and in the same Division, there will be no 'transfers' permitted, each team will have a distinct roster.

5.7) At least two weeks are set aside for tiebreakers and playoffs at the end of the season.

5.8) Coaches are encouraged not to adjust or alter the schedule for any reason other than a school closure. Changes to the schedule can be made during the (5) five working days after the schedule is posted on the website ([www.gmaa.ca](http://www.gmaa.ca)), assuming both schools involved agree to that change. Both coaches must notify the GMAA of the change. No changes will be accepted after noon the working day before the scheduled game (except in emergencies). If changes are made after the 5-day grace period, a \$10 charge will be applied to the team requesting the change.

5.9) Starting time as per the GMAA Governing Rules, if a team is not on the field and ready to play within 15 minutes of the scheduled starting time, that team shall lose the game by default.

### **Section 6: Governing Rules & Rule Modifications**

6.1) The GMAA Flag Football rulebook shall be used.

6.2) Ball: Girls: a leather or composite size 6 (junior) or 7 (youth) ball for all categories  
Bantam Boys: a leather or composite size 7 (youth) ball  
Cadet & Juvenile Boys: a leather or composite size 9 (official) ball

6.3) Field: The Canadian Flag Football Rulebook Minimum field width & length will be followed. For the regular season only, the 90-yard minimum field length can include the 10-yard end zones. For the playoffs, there must be 90-yards of playing field goal line to goal line, plus two 10-yard end zones. Special note: 18-yard boxes are not to be used as endzones. The home school must clearly mark off the minimum 10-yard endzones. Schools must have goal posts padded. A "floating goal line" can be used in cases where the existing end zone is deemed unsafe.

6.4) No team shall be permitted to play any league game unless accompanied by a staff member, (see Rule VI, Section 4 of General Governing Rules for clarification) PENALTY: DEFAULT OF GAME

6.5) Length of Game (regular season & playoff games): All games will be 4 x 15 minutes with 5 plays in the last 3 minutes of the 2<sup>nd</sup> & 4<sup>th</sup> quarters. Converts, kickoffs and replays due to penalties do not count as one of the 5 plays. No girls game (regular season or playoff) can end in a tie. Overtime will be played.

6.6) Mercy Rule: at the discretion of the losing coach, the game can be terminated if there is a 28-point difference after 3rd quarter.

6.7) Any player whose name appears on the Official Score sheet is considered to have officially participated in that game.

6.8) Completion of Game: A regular game will be completed after at least three quarters of the game has been played. If less than three quarters of a game has been played and the referee ends the game, the game will be rescheduled and played over from the beginning.

Completion of Playoff Games: In all sports for playoff games ONLY, a game must be completed from where it stood from the moment it was stopped, at the discretion of the losing team. The same game sheet must be used to complete the game. No players may be added to the lineup.

### **Section 7: Regular Season Games**

7.1) Number of Players: A team is considered to be seven players. These players must be dressed and ready to play at the scheduled starting time. If the entire team is not there, the opposing team and referees are advised to wait 15 minutes after the scheduled starting time. The team can use 15 minutes grace. The referees are not permitted to force teams to start with minimum of 7 players. No delay of game penalty.

7.2) Individual Players (i.e. players' names and dates of birth) must be registered on S1 prior to the first regular season game.

7.3) Girls Overtime: A winner must be declared for every game. Each team will be awarded 3 convert attempts (the team may choose a 1 or 2 pt. convert). Total points wins. If the teams are still tied, each team will be awarded 1 convert attempt until the tie is broken.

7.4) Scoring for Team Standings

Boys: 3 points for a win and 1 point for a tie

Girls: 3 points for a win

### **Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)**

8.1) Ties in Standings (Girls): Because the spring season is very short, there is no time to schedule a tiebreaker game.

If teams are tied in the standings, the following tie-breaking procedure shall apply:

a) The higher place will go to the team which defeated the other in the game(s) between the tied teams.

b) The win % of the teams involved in the tie shall be calculated. The higher place will go to the team with the better win %.

c) Point differential in the games between the tied teams.

d) Total points against over the entire season.

f) The team which wins a coin toss shall advance.

A forfeit cannot be used to break a tie and eliminate a team from the playoffs.

8.2) Overtime – all boys & girls' playoffs. Each team will be awarded 3 convert attempts (the team may choose a 1 or 2 pt. convert). Total points wins. If the teams are still tied, each team will be awarded 1 convert attempt until the tie is broken.

### **Section 9: Duties of Home School & Visiting Schools**

#### 9.1) Home team responsibilities

- a) The host school must have properly secured post pads for the goal posts. No game may begin unless these pads are in place. Penalty is default of game and the related costs.
- b) The official scoresheet must be printed off S1 by the HOME COACH (listing both teams) and given to the referee before the game starts.
- c) The home team must upload the results and scoresheet to S1 the night of the match.
- d) Arrange for staff to control spectators.

#### 9.2) Visiting team responsibilities

- a) Visiting teams must be supervised from the time they arrive to the time they leave the field.
- b) All game sheets are to be signed by both staff members and the referee at the end of the game

### **Section 10: Discipline of Players**

10.1) Referees may, without prior warning, send a player off the field for fixed and definite period of time (COOLING-OFF PERIOD) if his conduct or type of play makes it necessary. This is NOT AN EJECTION and should be used only when the referee feels that it would prevent a more serious situation from developing. The player may be replaced on the field by another eligible player. The referee shall determine the length of any such COOLING-OFF PERIOD, i.e. 10 minutes, 15 minutes, the remainder of the half or the balance of the game.

10.2) Both coaches must be notified of any action taken by the referee. N.B. Ejection MUST BE REPORTED to both coaches and on the game report - An ejection carries an automatic 2 game suspension which will be reviewed by the discipline committee and may be increased.

10.3) The ejection of any player from a game will result in a suspension of that player from at least two following games. It is the coaches' responsibility to keep that student out for the next two games until an official letter is sent to the school outlining the details of the suspension.

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