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2026 Football Ontario Flag Provincial Championship Package

Organized with UA Flag and sponsored by the Buffalo Bills





2026 Football Ontario Provincial Flag Championship Package

Football Ontario is excited to host the 2026 5v5 Provincial Flag Championships.

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[REGISTER NOW](#)

[ATHLETE & COACH REGISTRATION](#)



Welcome to Hamilton!

Where big city sights meet natural escapes

Hamilton is a tourism powerhouse, experiencing a cultural and culinary boom that is making headlines both nationally and internationally.

Hamilton offers a perfect blend of urban amenities and world-class attractions, surrounded by breathtaking natural beauty. Explore the trails of the Niagara Escarpment, a UNESCO World Biosphere Reserve, marvel at over 150 waterfalls, and enjoy walkable waterfronts—all just minutes from the downtown core. Discover the world's best pizza, three years running, world-class nature, MICHELIN Guide-recommended restaurants, and much more.

A City of Sports, Fans and Champions

Hamilton is one of Canada's premier sport cities, with a rich sporting history and a passion for competition at every level. Home to six professional sport franchises, including the new PWHL Hamilton and AHL Hamilton Hammers, the 2026 NLL Champions Toronto Rock, Forge FC, Hamilton Cardinals, and the Hamilton Tiger-Cats, Hamilton offers a vibrant sports culture for all.

As Canada's ninth-largest city, Hamilton has earned a reputation as a proven host for events of all sizes. From the historic Around the Bay Road Race to marquee events such as the Grey Cup, RBC Canadian Open, and NHL Heritage Classic, Hamilton consistently delivers exceptional sport experiences and championship-calibre events.

[EXPLORE MORE ABOUT HAMILTON ACTIVITIES HERE](#)



General Information

Date: Saturday and Sunday, July 18th and 19th

Location: 355 First Rd W, Stoney Creek, ON L8J 1X5

Cost: \$650.00 Early Bird, \$700.00 Regular

REGISTER BY JUNE 19th:

<https://app.teamlinkt.com/register/find/footballontario?cid=62274>

Please contact the following individuals for information regarding the following:

Pre-Tournament Information and Details

Olivia Ghosh-Swaby | oghoshsw@footballontario.net

Tyler McNicholl | tmcnicholl@footballontario.net

Tournament Day Information – schedules, general information

Olivia Ghosh-Swaby | oghoshsw@footballontario.net

Tyler McNicholl | tmcnicholl@footballontario.net

Divisions

U12 Boys and Girls (2015/2016)

U14 Boys and Girls (2013/2014)

U16 Boys and Girls (2011/2012)

U18 Boys and Girls (2009/2010)

U19 Boys and Girls (2008/2009)

Logistics

Coach and Executive Team Information

1. **Review the [Technical Package](#) (ages, National qualifications, etc)**
2. TEAM REGISTRATION: \$650.00 early bird, \$700.00 Regular (CLOSES Jun 19th)
 - a. Entry Fee: For all age categories, Football Ontario members must pay an entry fee of \$650.00 per team before May 1st or \$700.00 per team after May 1st. Registration closes June 19th. *No refunds will be accepted after June 20, 2026.* Any club seeking a refund before June 21, 2026, will be subject to a \$100 administration fee.
3. **REGISTER: <https://app.teamlinkt.com/register/find/footballontario?cid=62274>**
 - a. If any roster updates are needed, please inform our team. If no roster updates are needed, we will move forward with the rosters that were shared with us.
 - b. All teams must be members of Football Ontario and Football Canada (this means they are members of our flag-sanctioned associations)
 - i. **If you are not a member, complete the application!**
[REVIEW HERE](#)
 - ii. There are several benefits to your club by joining Football Ontario, including insurance and access to perks. Access to all Football Ontario and Football Canada events.
 - iii. All membership questions should be directed to
tmcnicholl@footballontario.net
4. **SUBMIT ROSTERS BY JULY 1ST - [DOWNLOAD AND COMPLETE THE FORM](#)**
 - a. Roster changes can be made until the first game with adequate notice to our staff.
5. Please review the [IFAF Rulebook](#) before the competition
6. Individual athletes and coaches must complete registration before the event and no later than July 10th.

[ATHLETE & COACH REGISTRATION](#)

Preparation

1. Athletes must come with cleats, a mouthguard, and appropriate clothing for the Tournament - *No pants or shorts with pockets.*
2. **Flags** must be PopSockets or Shruumz. Flags will be available for rental during the tournament or can be brought by the team.
3. Athletes' names must be on Teamlinkt to be considered for the roster.
4. **Footballs** will need to be provided by the team; FO will have extra on hand
5. All players and coaches must sign in with Football Ontario or UA staff before their game at the field they are competing on.
6. An event **Technical Meeting will take place on July 14th @ 7 PM EST** to review the tournament details and schedule. To join the meeting, you can access it below:

TECHNICAL MEETING - JULY 14th @ 7:00PM EST via TEAMS

Microsoft Teams meeting

Join:

<https://teams.microsoft.com/meet/231659697819286?p=1jnO8dgVFEWsUPXaJA>

Meeting ID: 231 659 697 819 286

Passcode: R366ZH6R

Day of the Tournament

1. Coaches will register and sign your team in with Football Ontario staff at least **20 minutes** before your first game. Coach signatures will be required.
 - a. Football Ontario will require athletes to carry a piece of ID for age verification. Coaches will sign off on their roster.
 - b. If a roster is protested/questioned for eligibility, that is when athletes will be reviewed.
2. **Spectators are welcome at this event**
 - a. All athletes will be charged a fee at the time of registration for this tournament, which provides a family pass for unlimited family members or friends to watch your athlete compete.
 - b. \$40 - Weekend Family & Friends Pass (already included with Athlete registration)
 - i. **ATHLETE & COACH REGISTRATION**
 - c. As part of the family pass purchase, all athlete families are automatically entered into a draw for a prize at each division level!
3. **Parking will be available at the field.**
4. Teams must be on the field **ON TIME**. Teams must have at least 7 players to play a game.
5. A **medical tent** will be set up in all fields – we will have staff on hand to deal with emergency response and injury (including taping for injuries and stability)
 - a. Athletic therapists will only treat injuries during competition. Any preventative or post-injury taping requires athletes to bring their own tape for treatment.

PLEASE NOTE MEDICAL TAPE WILL NOT BE GIVEN OUT TO TAPE POCKETS OR SPAT CLEATS

Volunteers

- We need scorekeepers, field managers, social media leads, and merchandise sales reps! Volunteering includes free entry to the event, a supplied lunch, and a Football Ontario t-shirt! **[SIGN UP HERE](#)**



Game Play & Schedule

All games, including semis and finals, will have 2 officials. All officials are certified with the Southern Ontario Touch Football Officials Association.

Teams will be guaranteed a total of 4 games to play - 3 pool play and 1 playoff. The schedule for the tournament is presented below.

- Pool play is 20-minute games, 10-minute halves, and 1-minute halftime
 - The pro clock applies in the last minute of each half
- Playoffs are 40-minute, full-regulation games

GAME TIMES:

- SATURDAY: 8 AM - 6 PM
 - Boys' games will begin in the morning to wrap up earlier for the OSFL competition (earliest anticipated finish is 3 PM)
- SUNDAY: 8 AM - 7 PM
- Final schedules are determined by the # of teams competing

Flags must be pop-socket and can be provided by their respective teams or available for rental on-site. Teams are responsible for bringing their footballs and jerseys for their players. Athletes must wear proper attire (Cleats, mouthguard, proper clothes) to be able to participate in the tournament.

Prizes: The tournament winner (first-place team) will receive gold medals and a banner. *First place will also receive a \$350.00 discount to attend nationals.* The runner-up (second-place team) will receive silver medals.

ATHLETE & COACH REGISTRATION

Tie Breaker Rules:

iii. Tie Breaking Process

In the event of a tie after round-robin play, the following tiebreak procedure applies. If three or more teams are tied and one is eliminated through a tiebreaker, the remaining teams return to Step 1 to determine the rest.	
1. Forfeiture	If a team forfeits a game in the tournament, the forfeiting team will automatically lose the tiebreaker
2. Head-to-Head	If two teams are tied, the head-to-head winner receives the higher standing. If their game ended in a tie, proceed to the next tiebreaker. If three or more teams are tied, the team with the best head-to-head record among them wins the tiebreaker.
3. Points Against (Common Opponents)	If #2 does not break the tie, the team with the least points against in games between Common Opponents will win the tiebreaker.
4. Points For (Common Opponents)	If #3 does not break the tie, the team with the most points for in games between Common Opponents will win the tiebreaker.
5. Points Against	If #4 does not break the tie, the team with the least points against in all games played will win the tiebreaker.
6. Points For	If #5 does not break the tie, the team with the most points for in all games played will win the tiebreaker.
7. Coin Flip	If after #6 there is still a tie, a coin toss will be implemented by the Governing Committee. The team with the highest pre-tournament ranking will have the choice of heads or tails.

[VIEW THE SCHEDULE SPREADSHEET HERE](#)

**VIEW THE TEAMLINKT WEBSITE FOR SCORES, STATS,
AND PLAYOFFS HERE**

SCHEDULES

[Schedule spreadsheet](#)

For scores and updates:

VIEW THE TEAMLINKT WEBSITE

- At least 48 hours before the tournament, the schedule will be made available on TeamLink for teams to see live updated scores.

Teams are seeded according to their previous Provincials finish and, for newly competing teams, in order of registration.

STREAM

Games will be available within one week of the event via

<https://cbc.watch.pixellot.tv/>

All finals on Field 1 will be streamed to

<https://www.youtube.com/footballontario>

QUALIFY FOR CLUB NATIONALS

Participants who compete in Club Provincials are eligible to compete in Club Nationals. Club Provincials finish will rank your teams into divisions at Nationals.

[MORE INFORMATION HERE](#)



Perks and Food Trucks

On-Site Vendors

We are excited to welcome our partners and on-site vendors to the event:

Food Trucks

- Smoothie Truck - Green Machine
- Mexican Food Truck - Walk and Roll
- Ice Cream Truck Toronto

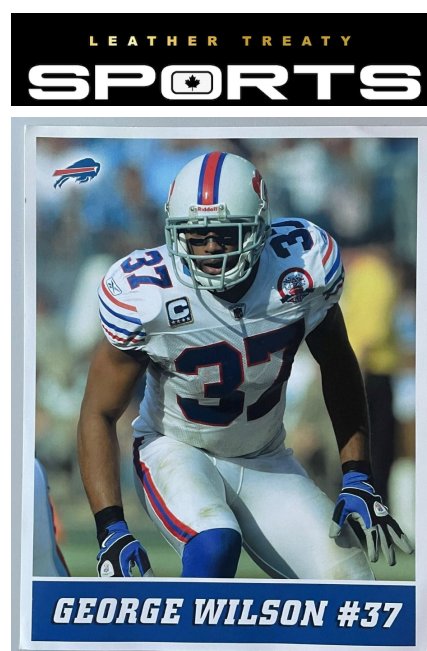
Area51 Sports

- The official apparel provider of Football Ontario, Area51 Sports, will be on-site selling event apparel and customizing items.



Leather Treaty Sports

- Take-home bag tags and memorabilia from your Nationals Experience
- Bag tags are provided to each athlete.



Buffalo Bills

- Opportunity to connect and meet members of the Buffalo Bills
- From 11:00 AM -1:00 PM join the Buffalo Bills for a photo opportunity, giveaways, and meet an alumni, **George Wilson** (Former Bills Safety and Bills Walter Payton Man of the Year Nominee) to sign, take pictures, and watch some of the games

Touchdown for Communities

- Touchdowns for Communities is back! Since 2022, OK Tire and the CFL, in partnership with Blackhawk tire, have worked together to raise over \$120,000 to support local football organizations from coast to coast!
- Support the program and meet **Henoc Muamba, 109th Grey Cup Champion, Grey Cup MVP, and Most Valuable Canadian, on July 19th from 1-4pm!**



Tourism Hamilton Perks

Courtesy of our Spectator Pass for all attendees.

- Receive an exclusive discount on the new Hot Wheels Monster Truck Glow-n-Fire show at TD Coliseum September 12 & 13, 2026.
 - Use code "Tourism" to receive your discount with tickets starting at just \$15!



- African Lion Safari - \$2 off regular admission. Valid May 2-Oct 11, 2026. See coupon for details. [African_lion_safari_2026.pdf](#)
- Flying Squirrel Trampoline Park - 25% off jump tickets. Use code "Summer26". See coupon for more details. [flying_squirrel_2026.pdf](#)
- HMCS Haida National Historical Site - [Canada's fightingest ship!](#) Docked at Pier 9, receive FREE admission from June 19-Sept 7 (no coupon required).

Hamilton TigerCats Game, July 18th 7:00 PM EST (TICKETS)

- 1 free ticket for every coach to attend the Hamilton Ticats Game on July 18th at 7:00 PM EST
- Discounted tickets to teams and access to discounted food at the stadium!

1. Flag Participant & Family Ticket Offer

- Flag football participants and their families can purchase discounted tickets for \$25 each.
- Scan the QR code on the attached graphic or use this link to purchase:
- <https://am.ticketmaster.com/hamilton/promotional-page?id=OTQz>
- Feel free to share the graphic directly with your players' families – the more, the merrier!

2. Team or Gameday Experience

- A pregame or halftime scrimmage experience can be arranged by contacting cnyman@ticats.ca

3. Game Day Details

- Location: Hamilton Stadium, 64 Melrose Ave N, Hamilton, ON
- Date: Saturday, July 18 at 7:00 PM

The Tiger-Cats Community team will be on-site at the tournament to help with any questions – come say hi!

Questions? Reach out to the Hamilton Tiger-Cats Community Partnerships team at community@ticats.ca.



Hotels

- Hotels for the event can be booked through our partner, HTG Sports:
- https://secure.htgsports.com/registration.nsf/BTSRP_EventAccess?OpenForm&eventid=AC4CBE2EC2538F8985258DBC00738834&pw=0&lang=en

Event Maps



Parking Maps

ONLY PARK IN DESIGNATED LOTS AND SPOTS. No parking on park side roads or grass within the park. Bylaw enforcement in effect.

****DO NOT PARK ON FIRST ROAD WEST - must be in residential areas or off streets.**

PARKING



HERITAGE GREEN PARK