

TOURISM
HAMILTON



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Letter from Football Ontario

Welcome to the **Inaugural High School Girls 5v5 Flag Football Provincial Championship**, proudly hosted at **McMaster University** in Hamilton, Ontario. We are thrilled to have you join us for this historic event, where young athletes from across the province will make history by competing in the first-ever province-wide championship for girls flag football.

This tournament represents a milestone for the growth of flag football in Ontario. Together, we are building a pathway for high school athletes to pursue opportunities at the collegiate, national, and Olympic levels. We are proud to be leading the way for the future of women and girls in sport.

Why This Championship Matters:

- **🏈 Equipment Support:** Each participating school will receive an official **NFL Flag Kit** to continue developing their flag football programs.
- **🎯 Scouting & Recruitment:** Coaches and scouts from the **OWIFA, NCAA, and NAIA** have been invited to attend, providing athletes a platform for collegiate recruitment.
- **🎥 Film & Exposure:** Athletes will have access to professional video and photography services to build highlight reels and promote their talents.
- **🌟 Making History:** You are the pioneers – the first to compete in a fully recognized provincial high school girls flag championship, helping establish a lasting tradition and pathway to elite opportunities, including the **2028 Olympic Games**.

We are incredibly excited to see all the teams showcase their skills, sportsmanship, and passion for the game. This championship is about more than competition – it's about creating opportunities, building community, and inspiring the next generation of female athletes.

Thank you for being a part of this historic moment.

We can't wait to welcome you to McMaster University for a day of incredible football and unforgettable memories!



Sincerely,

Olivia Ghosh-Swaby

Manager, Flag Football Development
Football Ontario

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2025 Football Ontario Package

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PLEASE REGISTER HERE



General Information

Date: TUESDAY, June 10th, 2025

Time: 9:00 am - 5:00 pm

Location:

Alumni Field & Track Field, McMaster University, 1280 Main St W, Hamilton, ON L8S 4L8

THIS EVENT IS OUTDOORS

Please contact the following individuals for information regarding the below:

TEAMLINKT SUPPORT:

help@teamlinkt.com

Please contact the following individuals for any information on the following:

Pre-Tournament Information and Details

Manager of Flag Development, Football Ontario

Olivia Ghosh-Swaby | 647-460-6516 | oghoshsw@uwo.ca | owifa.womesfootball@gmail.com

Director of Operations, Football Ontario

Tyler McNicholl | tmcnicholl@footballontario.net | 905-449-1286

Head Official – any issues with Officials or games

Head Official

Eric Gyebi | 416-302-5550

Tournament Day Information – schedules, general information, ID checks

Football Ontario Director of Operations

Tyler McNicholl | tmcnicholl@footballontario.net | 905-449-1286

Manager of Flag Development, Football Ontario

Olivia Ghosh-Swaby | 647-460-6516 | oghoshsw@footballontario.net

Thank you for this year's steering committee:

Erin Clark (Niagara), Clayton Martino (Independent schools), Steve Hartslief (York), Pamela Ireland (Peel), Rod Moors (Ottawa), Chris Cochrane (Barrie)

[VIEW TOURNAMENT RESULTS HERE](#)

About

Who's participating?

High schools from the following associations:

Niagara Catholic Athletic Association	Simcoe County Athletic Association (SCAA)
Toronto District Colleges Athletic Association (TDCAA)	York Region Athletic Association
Halton Catholic Athletic Association	Region of Peel Athletic Association
Conference of Independent Schools Athletic Association	National Capital Secondary School Athletic Association
Toronto District School Board	Georgian Bay Secondary School Association
Hamilton Wentworth District School Board	

Why participate?

1. Equipment: Each school will receive an NFL Flag Kit
2. Scouting & Recruitment: OWIFA, NCAA, and NAIA coaches and scouts are invited to this event.
3. Province-wide competition!
4. Film & Exposure: Athletes will have the opportunity to review and watch games, create highlight clips, and access professional videos and photos at the event
5. History makers: Be a part of the first-ever province-wide championship in flag football, creating a pathway to collegiate and Olympic sport.

Volunteers

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

Participating Schools



PARTICIPATING SCHOOLS

JUNIOR

JR Westview Wildcats	Toronto
Branksome Hall	Toronto
Maple Ridge Ravens	Innisfil
Bill Crothers Colts	Unionville
NPSS Timberwolves	Collingwood
St. Joseph Jaguars	Gloucester
Bear Creek S.S.	Georgetown
Bear Creek SS	Barrie
Bishop Ryan	Stoney Creek
St. Roch Ravens	Brampton
SJHN Cardinals	Stoney Creek
St. James Lions	Guelph
St. James Lions	Guelph

SENIOR

CDDHS Royals	Shelburne
St. Anne's S.S.	Aurora
St. James Lions	Guelph
Bear Creek S.S.	Barrie
Holy Trinity Catholic S.S.	Oakville
St. Francis Xavier	Milton
Assumption Crusaders	Hamilton
Notre Dame S.S.	Burlington
Sherwood S.S.	Hamilton
Bishop Ryan S.S.	Stoney Creek
St. Joseph Jaguars	Gloucester
St. Roch Ravens Varsity	Brampton
Nottawasaga Pines S.S.	Angus

HIGH SCHOOL GIRLS' PROVINCIAL FLAG FOOTBALL CHAMPIONSHIP
MCMASTER UNIVERSITY, HAMILTON ON

Preparation

Coach and Executive Team Information

1. **REGISTER** - We can guarantee a spot to 16 teams per division (32 total). Please ensure to register ASAP.
2. **Roster Submission:** Submit **rosters** by May 20th. They must be signed by the athletic department head or the School Teacher and sent to Football Ontario. Download the appropriate **form** (go to file—export as Excel) and email it to oghoshsw@footballontario.net or upload it during registration.
3. **Add your athletes to your Team on Teamlinkt:** All athletes and coaches must join their teams to participate. A team will be created once activated by Football Ontario staff within 48-72 hrs. **ALL ATHLETES & COACHES MUST BE ADDED OR JOIN THE TEAM CREATE ON TEAMLINKT VIA A TEAM-GENERATED LINK OR ADDED MANUALLY BY COACHES/ADMINISTRATORS.**
4. Review the **updated rulebook** before the competition. Please note specific rule changes have been made for this event (review Game Play section).
5. **Register your team by May 20th, 2025. The registration fee is \$350.00 + processing fees.**

Preparation

- 1) **Required Gear:** All players need cleats, mouthguards, and pocketless pants/shorts.
- 2) **Team Equipment:** Teams must bring their own footballs, flags, and any desired setup items (tents, chairs, banners).
 - a. Junior or Youth Sized Football
- 3) **Player Waivers on Teamlinkt:** Ensure all registered athletes complete the waiver form on Teamlinkt before game day. **ALL ATHLETES MUST BE ADDED OR JOIN THEIR TEAM with Jersey #!**
- 4) **Photo ID:** All athletes must present a photo ID (Student card with Health Card) for roster verification by Football Ontario staff.

Day Of

- 1) **Check-In:** Register and sign in your team at least 20 minutes before the first game to receive your team's stat sheet. ID is required.
- 2) **Spectators Welcome:** Friends, family, and fans are encouraged to attend. All fans and spectators must remain seated in along the track or perimeter of the fields away from the centre.
- 3) **Parking:** Parking is available near the stadium at a cost; see details below.
- 4) **Statistics:** Complete and submit statistics sheets after each game.
- 5) **Timeliness:** Teams must be on the field promptly; a delay of over 5 minutes will result in forfeiture.

First Aid and Insurance

- **Insurance policy** provided by Football Ontario can be reviewed by school administration as needed. To host this event, it is required to have a Certificate of Insurance with 5M in liability.
- **Medical Support:** A staffed medical tent will be available for emergency response at each football field (2 per flag field). They will support injury as needed (medical tape not provided for pocket taping or cleat splicing).

Streaming & Live Scores:

- 6) Up to 4 fields will have their games recorded using new AI cameras as part of a pilot project with [CBC Sports Connect - Beta](#). Register for a free account to view Football Ontario content. Videos will be viewable within 12 hours of the event.
- 7) **Sidelines & Warm-Up:** Teams may use spectator sidelines or fields not in use. Each game will have a 15-minute buffer for warm-up.
- 8) **Updates & Highlights:** Check [Football Ontario's Teamlinkt](#) for live scores and Instagram for game highlights.

PAYMENT OPTIONS

We encourage all teams to complete payment via credit card through TeamLinkt.

If you prefer to pay by cheque, please mail it to:

Football Ontario
Attn: Aaron Geisler
21 King St W, 5th Floor
Hamilton, ON
L8P 4W7

Please note:

Even if paying by cheque, you must still complete the TeamLinkt registration process. To do so, you'll need a registration code. Email oghoshsw@footballontario.net to request the code and confirm that you are using the cheque payment option to reserve your team's spot.

For Coaches

Invite Players to Join Your Team (For Team Admins)

Through Invite Link

1. Log in to TeamLinkt App
2. Click 'Roster' Tab
3. In the top right corner, press the 'Add Player' Icon
4. Press 'Share Join Code'
5. Generate a Join Code for Your Team

This code can then be shared in existing group chats, through email or any other form of communication! Your team members will then download the TeamLinkt App, Create their TeamLinkt Account, press 'Join a Team' an enter in the code.

Anyone who enters this code in the 'Join a Team' Section of the app will be automatically placed on the team's roster.

Join your team with a Join Code

If you have been given a code to join a team, follow these instructions to get connected:

1. Open the app and Select join a team. It'll look a little different depending if you are already on another team
2. From there, enter in the 8 digit code that was shared with you.
3. Once entered, your team name will appear.

2025 Event Package

4. If the player you are looking to join is listed, check the box beside their name and enter in your relationship with them (ex., Mother, Father, 'this is me' if you are the player, etc).
5. After that, click create and join your team!

Resources & Pre-Event Meetings

6. Online Technical Meeting Rulebook Meeting

- a. Attend the online coaches meeting via Teams on June 3rd at 7:00pm
 - i. Agenda
 1. Event review
 2. Rulebook review
 3. Resources to train and prepare for the game
 - ii. You can access the [Teams can be found here](#)

Perks with Participating

Scouting & Recruitment

- OWIFA, NCAA, and NAIA coaches and scouts are invited to this event.

Refuel with Biosteel

Athletes will have the chance to stay hydrated with sponsored products from Biosteel!



BioSteel is a leading sports hydration company committed to providing the cleanest, most effective products for athletes of all levels. Backed by science and trusted by top athletes, BioSteel's products are formulated to fuel high performance, helping athletes reach their peak while staying hydrated and healthy.

Buffalo Bills

Our new partnership and supported the Buffalo Bills will be setup to offer giveaways, prizing and photo opportunities throughout the event.

NFL Canada

NFL Canada will be providing MVP prizes and supporting NFL kits throughout the event.

Hotels

It is a self-serve portal, so guests can book the style, size, and price of room they want. Prices range from \$90 single occupancy to \$170 double occupancy suites to \$243 quad occupancy suites.

How to book?

1. Visit [Summer Accommodations - Stay McMaster](#)
2. Click **Book Now** at the top of the page.
3. This will open the Reservations Portal to create an account.
4. Create an account
5. Once created, adjust the dates to check availability and choose a desired room type.

Reservations can only be booked 48 hours in advance and are prepaid and non-refundable.

Cancellations & Change Policy

- Reservations are **prepaid and non-refundable**.
- Changes to existing reservations are subject to a **\$25 administrative fee**. In exceptional cases where a refund is approved, this fee will also apply.
- To request a change, please contact reserve@mcmaster.ca at least **48 hours prior to arrival**. Requests received within 48 hours of arrival may incur additional charges equivalent to **one night's stay plus applicable taxes**, in addition to the administrative fee.

No-Shows & Late Arrivals

- Guests who do not check in on the scheduled arrival date and fail to notify us in advance will be considered **no-shows**. No-shows are subject to a penalty of **one night's stay plus applicable taxes**, and the remainder of the reservation may be released without further notice.
- If you anticipate a **late arrival**, please contact us in advance to ensure your reservation is held.

Game Play & Schedule

Two Southern Ontario Touch Football Officials Association-certified officials will be present for all games, including playoffs. If there are any conflicts, please contact the Head Official. Ensure scores are accurate and game sheets are signed after each game. For current guidelines, refer to the updated rulebook.

Pool Placing:

Pools are determined by order of registration and even distribution of city/region across each pool. This ensures teams play in groups from outside their region.

Game Guarantee:

Each team is guaranteed four games (three pool play, one playoff - minimum 100 minutes of football). The schedule below provides details, with final confirmation by May 28th. Teams traveling longer distances will have a later start time if possible.

Coaches - Statistics:

Teams are responsible for tracking and submitting team statistics. The opposing team must review, sign, and submit these to officials after each game. Please verify scores and statistics, ensuring that the game sheet is signed.

Team Equipment:

Each team is responsible for its equipment, including flags, footballs, and alternate jerseys. Ensure that flag colors differ from pant colors.

Prizes:

Tournament winners will receive a set of medals and a banner.

RULEBOOK CHANGES

Two changes will be implemented for this year's competition to align with International rules and Football Canada.

- 1) **Downs:** The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield. When a team crosses midfield, it has 4 plays to score a touchdown. If the offense fails to score, the ball changes possession, and the new offensive team takes over on its 5-yard line.
- 2) **Motions:** Two or more offensive players may be shifting their position simultaneously before the snap. Their movement may be in any direction but they must become set for one full count before the ball is snapped or before another player can go in motion before the snap. Only one player is allowed to be in motion at the snap and their movement must be parallel or away from the L.O.S. and must be continuous.
- 3) **Pro-Clock:** No pro clock will run for this event.

[VIEW THE FULL SCHEDULE HERE](#)

Food Options & Extras

Concession the Refueling station (inside the recreation centre) and La Piazza will be open for concessions or food sales.

Maps

Set up

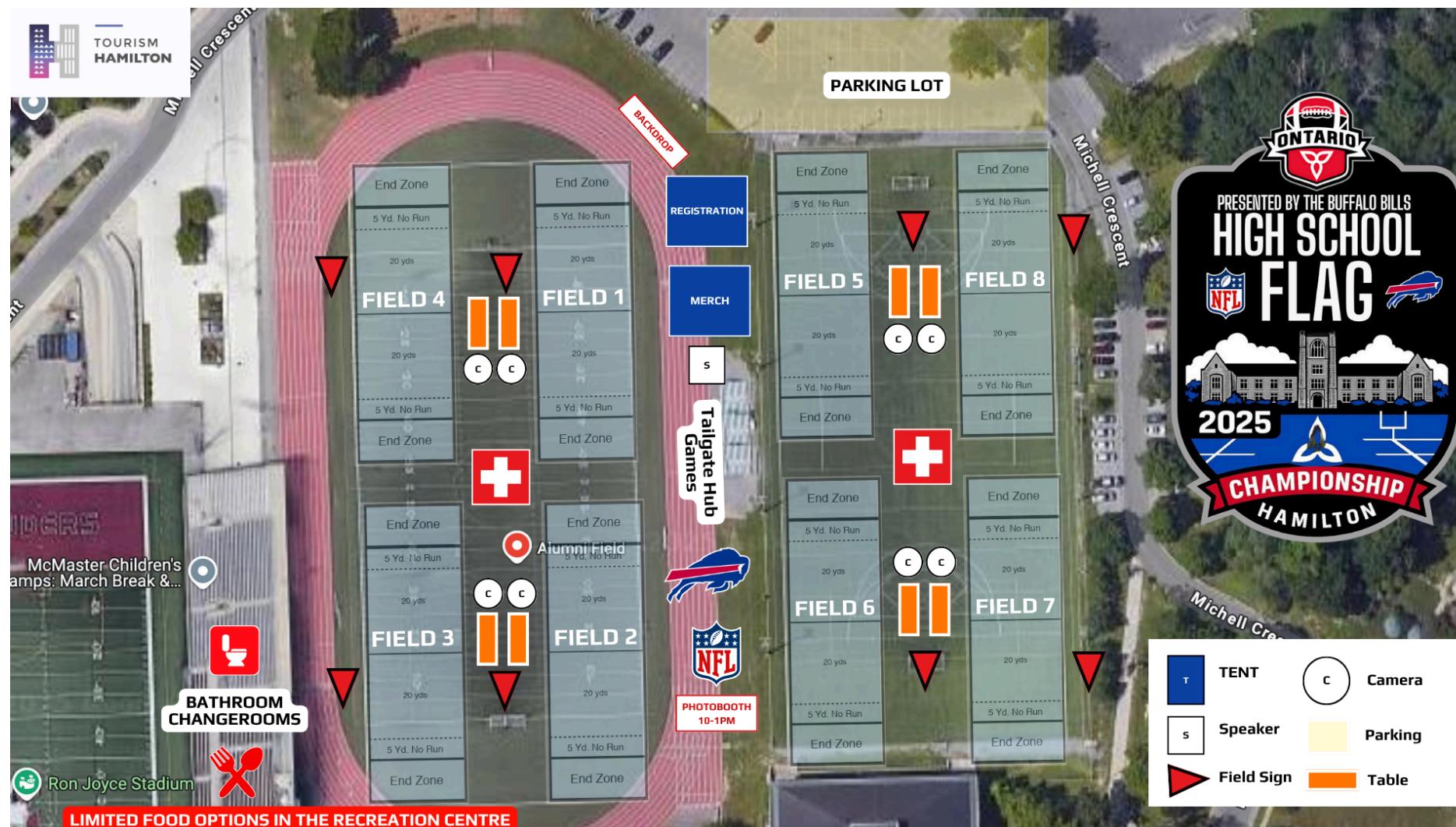
Scores, medical, and officials will be set up at the entrance and centre of the fields.

Indoor Space

Washrooms are available throughout the day behind the stadium stands or inside the athletic centre.

Fields

Two CFL-sized fields will be used for this tournament. 4 fields will run on each football field. The Bronze and Final Games will be played at Ron Joyce Stadium.



Parking

If buses have select drop off and pickup times, we encourage teams to stay and watch the semis and finals as they wait, since playoff eliminations begin as early as 1pm. Parking is available for cars/SUVs at a cost of per hr or for the day. Please note every time you enter and leave the parking lot, you need to pay again.

Buses can drop off and pick up in Lot H. They can park in lower campus off Cootes drive, but there is a parking fee for the day. No parking on the concrete pad by the stadium, as we don't have enough parking space for everyone. Parents/fans can park in stadium underground at standard parking fees

