



Flag Football League Information

Season of Play

The season of play for Flag Football begins May 1st for boys; practices may begin August 16 for girls. The season ends middle-to-end of October for girls and first week of June for boys.

Eligibility

All players must fulfill SSA requirements, even though Flag Football is not an SSA sport, Metro still follows ASAA eligibility guidelines.

Rules of Play

Games will be played according to the current rules of the Canadian Amateur Rule Book for Flag Football.

Both leagues (boys and girls) are 5 v 5.

Equipment

Flags, flag belts will be consistent for both leagues and all teams in the leagues.

Ball - leagues will use whatever ball is decided on as a group

Mouthguards are mandatory

Uniforms - must be matching and identify what school they are representing; jerseys must be tucked into shorts

Field

The 5 v 5 field of play will be 70x25 including end zones.

Benches

Team bench areas should be on the same side of the field; team members must stay in the team bench area.

Standings Tie-Breaking Procedures

If two teams are tied:

- game between tied teams will decide positions
- if still tied, points for and against (differential) involving the top three teams not involved in the tie will decide the positions

If three or more teams are tied:

- games between the tied teams
- if still tied, points for and against (differential) involving only the tied teams
- if still tied, points for and against (differential) involving the top four teams not involved in the tie

Team Supervision

Staff sponsors must be provided for all "out-of-school" coaches and sponsors must be in attendance at games. Staff sponsors must be employees of the respective School District. The staff sponsor must identify themselves to the opposing team prior to the game and remain on site (in the gym or on the field) for the duration of the game. In the event there is no staff sponsor on site, the game will be considered a default. In the event of extenuating circumstances, the default is subject to Appeal to the Executive Committee.

Supervision of Spectators

It is the responsibility of each participating school to ensure adequate supervision of its own fans, notwithstanding that Special Duty, RCMP or private security supervision may be provided.

Field Policies

1. **Teams do not have access to the field until 30 minutes prior to game time.**
2. Only players, coaches, officials and trainers are allowed on the field.
3. No hard nylon or metal cleats allowed on Artificial Turf fields.
4. No smoking, chewing tobacco, or alcohol allowed on the field or in the locker rooms.
5. No sunflower seeds, pumpkin seeds, gum or other food or drink (excluding water) is allowed on the turf. Sport Drinks are not allowed on turf.
6. Footwear: No steel spikes or plastic cleats. Small rubber cleats (a specialized artificial turf shoe) or running shoes are recommended.
7. Clean shoes prior to going onto turf.
8. Please keep area around benches clean.
9. Parking – ensure all players and spectators adhere to the parking signs. Anyone parked in no parking areas may be ticketed and towed.