



Football Canada 2024 Senior Flag National Championships Technical Package

These Regulations govern the Senior Flag National Championships for 2024.

1. REGISTRATION

- 1.1 Any teams interested in attending the Senior Flag National Championships must be members in good standing of their Provincial Sport Organization.
 - 1.2 Each team must register online through [Teamlinkt](#) at least three (3) weeks prior to the start of the Championship.
 - 1.3 All Coaches and team staff must meet the conditions outlined in section 3 by the relevant deadline.
 - 1.4 Teams that fail to meet deadline outlines in 1.2 and/or 1.3 risk forfeiting their tournament entry.
 - 1.5 Football Canada has final authority over these rules and will make rulings for clarification based on the spirit of the competition.
-

2. TEAM COMPOSITION

- 2.1 A team must have a minimum of seven (7) players in attendance to be eligible to play games at the Senior Flag National Championships.
 - 2.2 A team may have a maximum of 15 people on their team roster (2 coaching staff, 1 Athletic Trainer, and 12 Players)
 - 2.3 Changes may be made to the roster up to the start of the tournament if the replacements meet the eligibility requirements listed in section 3.
-

3. ELIGIBILITY

3.1 Players

3.1.1 Be born in 2006 or earlier (turning 18 years of age or older in the competition year).

3.1.2 Be a member in good standing with their PSO and Football Canada

3.2 Coaches' & Team Staff

3.2.1 Certification The coaches and team staff must meet the certification requirements in the table below at least two (2) weeks before the start of the event:

Coach	Safe Sport Training Make Ethical Decisions NCCP Making Headway in Football
Athletic Trainer or Athletic Therapist	Minimum of: <ul style="list-style-type: none">▪ Sport first aid/first responder▪ Sport taping▪ CPR-C

3.2.2 Age Be born in 2005 or earlier.

4. COMPETITION

Unless otherwise stated, [Football Canada's rules and regulations](#) will be followed.

4.1 Competition Format

4.1.1 The tournament will divide the 10 teams into two (2) pools for round-robin play. After round-robin play, playoff rounds will begin based on pool standings.

4.1.2 WIN = 2 Points
TIE = 1 point
LOSS = 0 points

4.1.3 For round-robin games, no overtime will be played.

4.1.4 For playoffs games, overtime rules as per the Football Canada Rulebook will be used if there is a tie after regulation.

4.2 Tiebreaking formula – Round Robin

In the event of a tie in the standings during round robin play, the following formula will be implemented. If three or more teams are tied and one of the teams is removed due to winning a tiebreaker, the remaining teams revert to Step #1 to decide the remaining tiebreakers.	
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 in the standings, the team that won the game between the two teams shall be awarded the higher standing. If the teams tied during round-robin play, you would move to the next tiebreaker. If three or more teams are tied, the team with the best record in head-to-head games <i>among the teams that are tied</i> would win the tiebreaker.
3. Points Against	If #2 does not break the tie, the least points scored against each team will decide the tiebreaker.
4. Points For	If #3 does not break the tie, the most points for each team will decide the tiebreaker.
5. Coin Flip	If after scenario #4 above there is still a tie, a coin toss will be utilized. The team with the highest pre-tournament ranking will have the choice of heads or tails.

5. COMPETITIVE UNIFORM

5.1 Official tournament jerseys must be worn during play and properly tucked into shorts.

5.2 As per the Football Canada rulebook, if both teams are using similar jerseys, the winner of the coin toss has the option to change jerseys unless one team agrees to change its colours voluntarily.

5.3 Teams should avoid having white or red coloured shorts as the provided flags will either be white or red and cannot match short colour (see Appendix A for examples).

5.4 Team jerseys should be numbered and consistent numbers if you have two sets of jerseys.

6. EQUIPMENT

6.1 Mouthpiece: All players must properly wear a protective mouthpiece; there are no exceptions.

6.2 Game Ball: Only official Football Canada game balls will be used (with FC logo). Teams may mutually agree to use the same game ball. The game ball for this event will be a Youth Size football for the Women's Division and an Official Size football for the Men's Division.

6.3 Flag Belts: Flag belts will be provided by Football Canada at the field of play and will be the only flag belts used during gameplay.

7. DOPING CONTROL

The Canadian Centre of Ethics in Sport (CCES) may perform random doping control test at the Championships. The CCES is authorized to administer the collection of urine samples in accordance with the Canadian Anti-Doping Program, as adopted by Football Canada.

More information about the Canadian Centre of Ethics in Sport can be found at:

www.cces.ca

8. WINNING TEAM IMPLICATIONS

8.1 Athletes: The athletes on the winning teams of each of the female and male divisions, who played in at least one game minimum, will earn a spot in the Senior Flag National Team Athlete Talent Pool. This Talent Pool will be used to select the 2025 Senior Flag National Teams.

8.2 Coaches: The coaches on the winning teams of each of the female and male divisions, who meet coaching requirements, will earn a spot in the Senior Flag National Team Coach Pool.

8.3 Team: The team that wins Senior Nationals has one (1) entry fee waived for the 2025 Senior Flag National Championships.

8.3.1 For a team to be considered the previously winning team, equal to or greater than 50% of the athletes that were on the team that won must be participating.

9. NATIONAL TEAM IMPLICATION

- 9.1 Athletes who participate in the 2024 Senior Flag National Championships have the opportunity to be identified for the Senior Flag National Team Athlete Talent Pool. This Talent Pool will be used to select the 2025 Senior Flag National Teams.

10. OFFICIALS

10.1 Selection of Officials

Officials for the event will be selected by the participating Provincial Sport Organizations (PSOs). Each participating PSO is eligible to select at least one male and one female official for the event; more officials may be selected from PSO's based on the needs of the tournament determined by Football Canada; the other exception is the Host Province which will provide the remainder of the officials for the event as determined by Football Canada.

10.2 Requirements to be a Senior Nationals Official:

- Minimum of 3 years' experience at the senior flag level
- Completed the Level 2 Football Canada Flag Officials eLearning training
- Traveling officials should have officiated at the collegiate national event within the last three (3) years
- Able to attend in-class session(s) prior to start of the event
- Must be a minimum of 19 years of age
- Be able to attend the whole event and attend daily meetings at the beginning and end of each day.

10.3 Officials Attire:

Officials are to ensure they bring the following items with them to the event: Black hat, white hat, official jersey (1-inch stripes), black shorts, black long pants (wind pants in case of bad weather), flag, stopwatch/timer, notepad, and whistle.