

2025 Football Canada Flag Events Technical Package

These Regulations govern the Football Canada Flag Championship Events. All Participants must also adhere to their Provincial Sport Organization Technical requirements for representing their Province.



1. REGISTRATION

- 1.1 Provincial Associations, Clubs or Schools must inform the National Office of their intention to participate in any Flag Championship and how many teams will be participating.
- 1.2 Each team must register online through [Teamlinkt](#) at least two (2) weeks prior to the start of the Championship.
 - 1.2.1 Teams must provide an updated team logo as part of their registration.
- 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 and two (2) coaches/staff in attendance to be eligible to play games at any Flag Championship.
- 2.2 Senior / Elite Flag: A team may have a maximum of 15 people on their team roster (2 coaching staff, 12 Players, and one mentee coach)
- 2.3 Collegiate: A team may have a maximum of 19 people on their team roster (3 coaching staff, 1 Athletic Trainer, and 15 Players)
 - 2.3.1 Mentee coach for female teams MUST be female

	# Players	Coaches	Mentee Coach	AT	Total
Senior / Elite Flag	12	2	1	0	15
Collegiate Flag	15	3	0	1	19

- 2.4 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
 - 2.4.1 All teams are required to check in upon arrival for roster checks. Teams that do not check in with Football Canada and play matches will be considered to have defaulted any and all matches played prior to check in.

3. ELIGIBILITY

3.1 Players

- 3.1.1 Be a member in good standing with their PSO and Football Canada
- 3.1.2 Must meet the age requirements of the division they are competing in.

Age Division	Year of Birth	Age turning in 2025
Under 14 (U14)	2012 & 2013	12 & 13
Under 16 (U16)	2010 & 2011	14 & 15
Under 18 (U18)	2008 & 2009	16 & 17
Under 19 (U19)	2007 & 2008	17 & 18
Senior	2007 or before	

- 3.1.2.1 Football Canada will check age eligibility upon registration online.

- 3.1.3 Any participant under 18 years of age will need a parent/guardian to sign for approval that the player is allowed to partake in the event.

3.2 Collegiate Specific Requirements

- 3.2.1 Be a part time or full time officially registered student, in good standing, at a recognized Canadian institution between September 2024 and April 2025

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 Evaluation NCCP Making Headway in Football Rule of 2 Training
Chaperone	Safe Sport Training Rule of 2 Training

- 3.2.2 Be a member in good standing with their PSO and Football Canada
- 3.2.3 Coaches must be the age of 18 or older as of January 1 of the event year.
- 3.2.4 A coach can only be part of a maximum of one team per division

- 3.2.4.1 If there is a conflict in schedules the coach must declare what team they will be representing prior to the start of the games. The schedule will not be adjusted due to coaching conflicts. The coach is not able to move during the game from one field to the next and is not able to join a game part way through.

3.2.4.2 If an on-field discipline issue arises and that coach was not part of that game, they will not be able to represent the team during any disciplinary process.

3.2.4 Mentee Coach Requirements:

- A mentee coach should be a less experienced coach aiming to get experience at the provincial / national level
- Must coach athletes between the ages of 12-18
- Making Headway in Football
- NCCP Making Ethical Decisions Evaluation
- Coaches must be the age of 18 or older as of January 1 of the event year
- Mentee coaches for female teams must be female

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 teams into 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. If there was no pre-tournament ranking, team wearing white jerseys will call heads or tails.

4.3 Game Cancellation

4.3.1 Teams not intending to play a consolation match, must inform Football Canada by 8:00 p.m. on the previous day. Failure to show up without notice will result in ineligibility to participate in next year's tournament for all team members.

4.3.1.1 A game will only be canceled if both teams mutually agree. Otherwise, any absence will be considered forfeited

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 must avoid having similar coloured shorts to their flags. (see Appendix A for examples).

5.4 Team jerseys should be numbered, and those numbers should be consistent 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

- Club/Senior Flag: Teams may use their own game ball as long as they align with the size chart laid out below.
- Collegiate/Elite: Game balls are sent out in advance to the provinces. Teams may bring balls to use as game balls, but the balls must be the provided footballs and have the Football Canada Logo on them, otherwise an official Football Canada game ball must be used. Teams may mutually agree to use the same game ball.

Age Division	Female	Male
Under 14 (U14)	Junior	Youth
Under 16 (U16)	Youth	Official
Under 18 (U18)	Youth	Official
Under 19 (U19)	Youth	Official

6.2.1 U14 Female game balls will be composite.

6.3 Flag Belts

6.3.1 Collegiate Flag & Elite Flag: Flag belts will be provided for all teams at the time of checking in. Those will be the only flag belts used during game play.

6.3.2 Senior Flag: Teams to bring their own flags for the tournament

7. DOPING CONTROL (Senior Flag & CCFFC)

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

1. Senior Flag Championships

1. The team that wins Senior Nationals has one (1) entry fee waived for the next years Senior Flag National Championships.
 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. SEEDING PROCEDURES (CCFFC ONLY)

1. Previous year's Final Results will be used for next year's seeding, but allocations will be to the Provincial Sport Organization (PSO) not to the individual team. PSO's can use their Provincial Championship results to allocate their ranking.

9.1.1 For PSO's with multiple conferences, seedings will be allocated to each conference separately.

- 9.2** Rankings/teams not participating will be excluded from the rankings with other teams moving up accordingly.

- 9.3** Any PSO or conference that did not participate in the previous year's competition will be considered unranked and ranked at the bottom. If there are multiple teams that come in unranked, they will be randomly allocated at the bottom of the rankings. Results of conference playoffs or PSO rankings must be respected.

2. **9.4** Once the seeding has been completed, only teams 9 through 16 can be flipped to try to avoid pool play matchups of teams from the same PSO or conference. Teams seeded 1 through 8 can NOT be flipped

10. OFFICIALS

10.1 Selection of Officials

Officials for the event will be selected by the participating Provincial Sport Organizations (PSOs) and communicated with Football Canada far in advance of the tournament. The number of officials selected to each tournament will be determined by Football Canada based on the location and amount of teams participating;

The Host Province will provide the remainder of the qualified officials for the event or assist with the cost of bringing in extra qualified out-of-province officials if they cannot supply enough to ensure that an official's schedule does not exceed 5 games per day.

10.2 Requirements to be a FCFC Official:

- Minimum of 2 years' experience at the youth flag level
- Completed the Level 2 Football Canada Flag Officials eLearning training
- Able to attend in-class session(s) prior to start of the event
- Must be a minimum of 18 years of age at the time of the competition
- Be able to attend the whole FCFC and attend daily meetings at the beginning and end of each FCFC day.

10.3 Officials Attire:

Officials are to ensure they bring the following items with them to the CCFFC: 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