

2026 FLAG EVENTS TECHNICAL MANUAL

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



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TOURNAMENT DIRECTORATE

Each Football Canada Event will have its own Governing Committee (GC) that will be at minimum made up of:

- One on-site Football Canada Staff
- Out of Province Referee in Chief
 - In situations where there may be a conflict of interest with the out of province RIC, the local RIC will step in.
- 3rd Party (Non-Participating PSO Rep, Member of Football Canada's BoD)
 - 3rd Party will be selected in advance by Football Canada
 - 3rd Party is preferred to be on-site, but not required

The Governing Committee will select one member to act as chairperson.

Decisions will be made in reference to the [Sanctioning and Disciplinary Policy](#)

Football Canada has final authority over the rules and regulations set forth in this document and will make rulings for clarification based on the spirit of the competition. Proposed changes to this manual are to be sent by written request via the National Office to the Competitions Committee.

EVENT DETAILS

	Collegiate Flag Nationals	Elite Flag Nationals	Senior Flag Nationals	Club Flag Nationals
DATES	May 1 st – 3 rd	May 15 th – 17 th	June 26 th – 28 th	July 31 st – Aug. 2 nd
HOST CITY	Regina, SK	Kingston, ON	Montreal, QC	Ottawa, ON
VENUE(S)	Leibel Field	Queen's University	Complex Claude-Robillard	TD Place & Millenium Park

PARTICIPATING PROVINCIAL ASSOCIATIONS / TEAMS

Participating Provincial Associations, Clubs, or School teams must be members in good standing with FC and agree to participate in the spirit of good sportsmanship and in accordance with the policies, procedures, rules and regulations in the Technical Manual.

The following responsibilities must be carried out by all Provinces, Clubs or Schools participating in any Football Canada Flag Events:

- i. To inform the National Office of intention to participate and pay deposit or team fees for any/all relevant Football Canada Flag Events by the below dates:
 - a. Collegiate Flag – March 15th, 2026
 - b. Elite Flag – January 15th, 2026
 - i. Full team fees due February 15th, 2026
 - c. Senior Flag – May 24th, 2026
 - d. Club Flag – June 29th, 2026
- ii. To ensure that all players participating at any Football Canada Flag Events are eligible based on the rules and regulations set forth in this document.
- iii. To ensure that all coaches/staff participating at any Football Canada Flag Events are eligible based on the rules and regulations set forth in this document.
 - a. For Elite Flag: Names and emails of coaches and team staff need to be sent to the National Office by March 15th, 2026.
 - i. Failure to provide will result in a \$250 fine per coach/staff.
- iv. To submit all the necessary accreditation forms and rosters (on-line and paper form requirements) to the National Office.
 - a. This includes providing an updated team logo
- v. PSOs must review the Tech Manual and all the rules and regulations governing the event
 - a. An attendance record must be signed by all coach and support staff prior to the event and received by Football Canada a minimum of 7 days prior to the event.
 - b. Failure to provide this attendance record will result in a \$250 fine.

TEAM COMPOSITION

Teams must be approved by their respective PSO to be eligible to participate in a Football Canada event.

- i. All teams must have a minimum of seven (7) players and two (2) coaches in attendance to play games at any Football Canada Flag Event.
 - a. Elite Flag: Complete team rosters need to be sent to Football Canada by May 1st, 2026
 - i. Failure to provide will result in a \$250 fine per team
- ii. It is recommended that teams/programs bring a medical staff member to events.
 - a. Host Athletic Therapists on site are for in game injuries and emergencies.
- iii. Maximum participants per team are listed in the table below:

Event	# of Players	Coaches	Mentee Coach	Total
Collegiate Flag	15	3	0	18
Elite Flag	12	3	1	16
Senior OR Club Flag	12	3	0	15

- iv. All teams are required to check in upon arrival for roster checks.
 - a. Roster changes may happen until check in, provided any replacements meet the eligibility requirements and are approved by FC and their respective PSO.
 - b. Teams that do not check in and play matches will be considered to have defaulted all matches played prior to check in.

PLAYER ELIGIBILITY

- i. All players must register for the respective Football Canada Flag Event.
 - a. Players must be registered online a minimum of 7 days before the event. Failure to do so will result in a \$100 fine per player.
- ii. Players must be a member in good standing with Football Canada and their respective PSO.
- iii. Players must meet the below age requirements.

Age Division	Year of Birth	Age turning in 2026
Under 14 (U14)	2013 & 2014	12 & 13
Under 16 (U16)	2011 & 2012	14 & 15
Under 18 (U18)	2009 & 2010	16 & 17
Under 19 (U19)	2008 & 2009	17 & 18
Senior	2008 or before	18 or older

Participants under 18 years of age will need a parent/guardian to register for the event(s) on behalf of the participant.

PLAYER RESIDENCY CRITERIA

Players must be residents of the province of the team they are representing. Players who could potentially participate on one or more teams based on their residency (e.g. permanent residence in Manitoba, with temporary residence in Ontario vis-à-vis attending school in Ontario), must declare the province they intend to represent, on the declaration form no later than March 1st in year of competition.

Players who are citizens of another country who are residents of Canada and have played a season during 2025-2026 within the province they will play for will be eligible to participate in any/all relevant Football Canada Flag Events.

Exceptions to these criteria must be approved in writing by the respective provincial associations and approval must be granted by Football Canada no later than March 15th in the year of the competition. No appeal process to ruling.

Exceptions:

- Alberta's Provincial Team may use players from out-of-province (Lloydminster, AB, Fort St-John, BC, and Dawson Creek, BC) that are members of Football Alberta and participate in Alberta Football Leagues, provided all other age eligibility criteria have been met
- Players from Swan River, MB must declare what program they are representing – Football Manitoba or Football Saskatchewan
- Manitoba's Provincial Team may use players from out-of-province (Thunder Bay, ON) that are members of Football Manitoba and participate in Manitoba Football Leagues, provided all other age eligibility criteria have been met

COACHING/PLAYING ON MULTIPLE TEAMS

- i. A player can only be part of a maximum of one team per event. Even if there are multiple divisions they are eligible for.
- ii. A coach can only be part of a maximum of one team per division.
 - a. If the event has multiple divisions coaches *may* be listed as a coach for up to two teams (in different divisions) however:
 - i. The schedule will not be adjusted due to coaching conflicts
 - ii. The coach cannot move during the game from one field to the next and is not able to join a game part way through
 - iii. A coach's responsibilities to a team do not change whether they are on the field during a game
 - iv. Teams still have a minimum requirement of 2 coaches on the sidelines during games
- iii. A person *can* be listed as a coach for one team and a player on another (provided the teams are in different divisions and they meet the eligibility requirements for both).
 - a. The schedule will not be adjusted due to coaching conflicts
 - b. The coach cannot move during the game from one field to the next and is not able to join a game part way through

COACHES & TEAM STAFF

- i. All coaches and team staff must register for the respective Football Canada Flag Event.
 - a. Coaches and staff must be registered online a minimum of 7 days before the event. Failure to do so will result in a \$100 fine per player.
- ii. Coaches and team staff must be a member in good standing with Football Canada and their respective PSO.
- iii. For Elite Flag: Names and emails of coaches and team staff need to be sent to the National Office by March 15th, 2026.
 - a. Failure to provide will result in a \$250 per coach.
- iv. All coaches and team staff must be 18 years old or older as of January 1st, 2026
- v. All coaches and team staff must meet the below requirements and certification standards at least one (1) month prior to the start of the event

Requirements	Coach	Mentee Coach	Chaperone/Other Staff
Background Check (In the last 4 years)	X	X	X
Safe Sport Training	X	X	X
Rule of Two	X	X	X
Anti-Racism In Coaching	X	X	X
NCCP Making Headway	X	X	
Making Ethical Decisions	X	X	

*Failure to meeting the above certification timeline will result in a \$250 fine per coach

- i. Only rostered coaches (including mentee coach) can be on the sidelines during games.

MENTEE COACHES (ELITE FLAG ONLY)

- i. A mentee coach should be a less experienced coach aiming to get experience at the provincial / national level
 - a. Can be a Mentee for a maximum of 3 Years.
- ii. Must coach athletes between the ages of 11-18
- iii. Cannot currently be coaching at the CJFL or University Level
- iv. Mentee coaches for female teams must be female

OFFICIALS

REFEREE(S)-IN-CHIEF

- The Referees – in –Chief (RiCs) cannot work any games during the event
- The RiCs and officials need to meet the training requirements set out by Football Canada.
- Acts as the prime liaison between FC, Host Organizing Committee, and the officials
- Attends the Team General Manager's meeting (*scheduled by Football Canada*)
 - Reviews the rule changes to the Flag Rulebook for the current year
 - Review any event specific rules, rule amendments
- The Out-of-Province RiC will participate on the Governing Committee
 - If the OOP RiC is unable to fulfill responsibilities or if there is conflict of interest, the Host Province RiC will participate on the Governing Committee
- Drafts officiating schedule and provides to Football Canada prior to each game day
- Supervises all games and is responsible for all game officiating concerns
- Reviews rules and procedures with participating officials
- Supervises and evaluates officials providing constructive feedback
 - Game video must be made available to the RiCs at the earliest convenience.
 - Provides Football Canada with evaluation results from the event
- The Host Province RiC is responsible for securing local officials, as determined by FC

OFFICIALS

- Officials for the event will be selected by the participating Provincial Sport Organizations (PSOs) and communicated with Football Canada by March 15th, 2026
- 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.

REQUIREMENTS

- 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 flag event and attend all meetings as required
- Ensure they bring the following items:
 - Black Hat & White Hat
 - Official Jersey (1-Inch Stripes)
 - Black Shorts & Black Pants
 - Flag, Notepad, Whistle
 - Stopwatch / Timer

TOURNAMENT INFORMATION

RULES

The [IFAF Rulebook](#) will be followed for all 2026 Football Canada Flag Events.

COMPETITION FORMAT

- i. Teams will be divided into pools (if necessary – based on number of teams)
 - a. Teams will play round-robin/pool games
 - b. Playoff rounds (if applicable) will be based on round-robin standings

- ii. Standings will be based on the following format:
 - a. WIN = 2 points / TIE = 1 point / LOSS = 0 points
 - b. Round-robin games can end in a tie
 - c. In playoff games, overtime will be played to determine a winner
 - i. Overtime rules as per the [IFAF Rulebook](#) will be used

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.

COMPETITIVE UNIFORM

- i. All teams must wear consistent uniforms during games.
- ii. All teams must have access to a set of both dark and light jerseys
 - a. If both teams have similar coloured jerseys, the winner of the coin toss has the option to change jerseys unless one team agrees to change its colours
 - b. If a team is unable to change jerseys, they will be issued a \$250 fine.
 - c. Both sets must be consistently numbered
- iii. Jerseys must be tucked into shorts
- iv. Shorts must not have pockets and have a minimum of a 5" inseam
- v. Shorts must not be a similar colour to the team's flags

Short Colours	FLAG COLOUR OPTIONS								
Black	Red	White		Light Blue	Orange		Pink	Yellow	Green
White	Red		Dark Blue	Light Blue	Orange	Purple	Pink		Green
Blue	Red	White			Orange		Pink	Yellow	Green
Green	Red	White	Dark Blue	Light Blue	Orange	Purple	Pink	Yellow	
Red		White	Dark Blue	Light Blue		Purple		Yellow	Green
Yellow	Red		Dark Blue	Light Blue		Purple	Pink		Green

- vi. All players must properly wear a protective mouthpiece; there are no exceptions
- vii. Soft headgear, including religious headdresses that are securely fastened and do not include metal or hard plastic that could be harmful to participants, are permitted.

FOOTBALLS

- i. Teams are allowed to bring their own game balls for events
 - a. Game balls will be checked by the officials during the equipment check
 - b. Approved brands and sizes are in the table below:

Age Division	Female			Male		
	Wilson	Nike	Rouge	Wilson	Nike	Rouge
Under 14 (U14)	Junior	Size 7	CF - 12	Youth	Size 8	CF - 14
U16	Youth	Size 8	CF - 14	Youth	Size 8	CF - 14
U18, U19	Youth	Size 8	CF - 14	Official	Size 9	CF - 18
Senior	Youth	Size 8	CF - 14	Official	Size 9	CF - 18

FLAG BELTS

- i. Participating teams will be provided with flag belts for their teams
- ii. Flags will be checked by the officials during the equipment check
- iii. Flags must not be a similar colour to the team's shorts (See above)
- iv. Flags must meet the parameters set out in the [IFAF Rulebook](#)
 - a. Rule 1 – Section 3 – Article 2

STATISTICS

The HOC will arrange for a qualified statistician to record game stats. Every effort will be made to have game statistics input each day.

EVENT CHECK IN

The team check in schedule is set at the discretion of Football Canada and the HOC and will be held prior to the start of competition. Requests for late check in for individuals (under extenuating circumstances) must be presented to Governing Committee via the National Office for review.

Players must provide a current photo ID. The following are acceptable:

- Health Card
- Driver's license
- Passport
- Firearms License
- Status Card
- Nexus Card
- Student ID
 - If using a student ID a birth certificate will be needed to accompany it

Any player not providing proper identification will not be able to participate until ID has been submitted.

Each team's General Manager is to make copies of their players' health card and keep them on file in case one of their players forgets to bring their photo identification to the tournament or it gets stolen or lost before the tournament or in case of injuries.

PREVIOUS RESULT IMPLICATIONS

SEEDING PROCEDURES

Collegiate Flag Nationals:

- i. Previous year's results will be used for next year's seeding
- ii. Allocations will be based on the league, not the individual team
 - a. Individual teams are ranked during their league's respective seasons
 - b. Results of league playoffs must be respected
- iii. Leagues/Teams not participating will be excluded from the rankings and seeding will shift up accordingly
- iv. Any PSO or conference that did not participate in the previous years competition will be considered unranked and come in at the bottom
 - a. If multiple teams come in unranked, they will be randomly allocated at the bottom of the rankings
- v. If the event has more than 8 teams, once seeding is complete teams ranked 9 or lower can be adjusted to avoid pool play matchups of teams from the same league or conference.
- vi. Teams seeded 1 through 8 cannot be adjusted

Elite Flag Nationals:

- i. In divisions of 4,5,6 or 7 teams all teams will play one another in round robin to determine playoff matchups.
 - a. Not all playoffs will have multiple rounds
- ii. In divisions of 8 teams, teams are randomly divided into 2 pools of 4 for round robin games.
 - a. There will be a crossover playoff format, which includes all 8 teams.

WINNING TEAM IMPLICATIONS

Senior Flag Nationals:

- i. The winning team of the top division of each gender will have one (1) entry team waived for the next year's Senior Flag National Championships.
 - a. For a team to be considered the previously winning team, equal or greater than 50% of the athletes must be participating on that team again.

TOURNAMENT MANDATE

ANTI-DOPING EDUCATION

Football Canada has adopted the Canadian Anti-doping Program, which means you are part of a world-class anti-doping program that is designed to protect athletes' rights and ensure a level playing field. Football Canada's anti-doping policy and [code of conduct](#) reflect and support the CADP.

As a member of Football Canada, the CADP applies to you, and by participating in Football Canada sanctioned activities, you may be selected for doping control. You may also be subject to the rules of your international federation. Learn more about IFAF's **anti-doping policies and procedures**.

CHAPERONE POLICY

Team staff must agree to the chaperone policy ([EN](#))/([FR](#)) when completing the online team staff registration.

INSURANCE

Each member of the teams delegation must have Sport Accident and General Liability Insurance through their Provincial Association. Teams participate in this event at its own risk. Neither Football Canada nor the HOC assume any responsibility, up to and including gross negligence, for your team while they are traveling to and from, or on site in the host location. It remains solely the responsibility of the members of your delegation to conduct themselves in a safe and reasonable manner.

The HOC shall take out and carry during the term of the event, comprehensive liability insurance, such coverage to include a third-party liability clause for personal injury and property damage for a minimum amount of \$5,000,000 and hereby agrees to cause FOOTBALL CANADA to be designated as a co-insured party under all such insurance coverage. Moreover, the HOC undertakes to furnish to FOOTBALL CANADA a copy of the said insurance policy, designating FOOTBALL CANADA as an additional insured party, at least 60 days prior to the event or fine will be imposed.

CODE OF ETHICS & CONDUCT

A Copy of the Football Canada Code of Conduct can be found [here](#)

CODE OF ETHICS AND CONDUCT

Only the highest standard of sportsmanship and conduct, both on and off the field, are expected of all those participating in or are connected in any way with Football Canada Flags Events. Those who do not live up to the Football Canada Code of Conduct will be disciplined in accordance with this policy.

In particular, but not limited to, the following conduct shall not be tolerated:

- Personal Misconduct of any kind; including harassment and abusive behavior on or off the field.
- Vandalism of any kind including on game and practices fields
- Illegal Drugs and Alcohol use or possession contrary to declared rules and regulations.

CONSEQUENCES

Anyone* who contravenes the Football Canada Code of Ethics and Conduct, will face any combination of the following consequences:

- Suspension from play ranging from one game to remainder of the Event.
- Being sent home as quickly as possible at own expense; and/or
- Suspension from participation in future Football Canada Flag Events or other events sanctioned by Football Canada and/or its membership.

*Teams could also face disciplinary action for misconduct - this is not solely or necessarily a matter of individual behavior.

THE GOVERNING COMMITTEE PROCEDURES

- The Football Canada Events Governing Committee (FCE GC) reviews reports and calls witnesses as needed to decide on disciplinary actions, with Team Representatives representing individuals involved as required
- A verbal or written report is promptly provided to the Team Representative after decisions, ensuring minimal disruption to competition
- If suspension from future tournament games is warranted, it takes effect upon written notification to the affected Team Representative
- Severe actions, such as suspension from future events or legal action, are recommended to the Football Canada Board of Directors if deemed necessary by the FCE GC
- The Chair of the FCE GC submits a written report of all disciplinary proceedings to the Organizing Committee within a week of the tournament's conclusion for inclusion in the final tournament report

DISCIPLINARY PROCEDURES AFTER FOOTBALL CANADA EVENT

Any disciplinary action recommended by the Governing Committee, following the conclusion of the tournament (for incidences that were not reviewed and decided upon during each specific event are laid out in the complete [Sanctioning and Disciplinary Policy Document](#).

CONDUCT OF HEARINGS

Please refer to the [Sanctioning and Disciplinary Policy Document](#) for the hearing procedures in detail.

For comprehensive details on Football Canada's policies regarding protests, appeals and disciplinary actions, please refer to the complete document available [here](#).

DISCIPLINARY JURISDICTION

Team Staff will be responsible for the conduct of their teams during the tournament and for ensuring that any disciplinary action is complied with. They may make representations to the Event Governing Committee during deliberations affecting their teams or their players.

The Governing Committee oversees the event, conducts meetings, and handles disciplinary matters and game appeals. Each event has its own Governing Committee composed of a Football Canada Staff Member, Referee in Chief, and a 3rd Party representative.

Provincial Associations may take additional disciplinary action but must abide by FCE GC decisions, with the option to appeal to the Football Canada Board of Directors, whose decisions are final.

REPORTING

Game-Related Incidents

- Game-related incidents are promptly reported by game officials to the Referee-in-Chief post-game.
- The Chair of the Governing Committee determines if further reports are necessary and if a committee meeting is warranted.
- Any decisions against requesting additional reports or holding meetings are documented by the Chairperson and forwarded to the Organizing Committee, detailing the incident and reasoning behind the decision.
- The FCE GC reserves the right to seek additional reports from field conveners or any official present at the tournament.
- Football Canada staff on-site are tasked with collecting and ensuring the submission of all relevant reports.

Non-Game-Related Incidents

Any actions by participants not covered by game rules but which are contrary to the code of conduct of the tournament as described above are referenced in the complete [Sanctioning and Disciplinary Policy Document](#).

GAME-RELATED PROTESTS DURING EVENTS

Protests shall not be received or considered if they are based on an official's judgment or decision made on the field. (Rule 2, Section 3, Article 1 for Tackle or Rule 1, 3 for Flag).

Player Ineligibility

All player ineligibility protests shall be handled by the Governing Committee using the following format:

- The Governing Committee must be notified in writing of a player protest. All protests must be accompanied by a \$200.00 CASH fee, refundable only if the protest is upheld.
- The Governing Committee shall review the written protest and the events surrounding it and shall render a decision based on the procedures of this manual. The decision is final with no appeal.
- Protests surrounding player eligibility or requiring further investigation will be dealt with by the Governing Committee and may result in the overall standings being amended.

- The Governance Committee may discuss the protest by phone and do not have to be present to make a ruling.

If a player is deemed ineligible to participate in an event based on the eligibility requirements outlined in the Technical Manual, the following actions will be taken:

1. Immediate Suspension:

- The player is suspended from further participation in the event and is required to return home immediately at the team's expense.
- The head coach is also immediately suspended from further participation in the event and dismissed from the tournament, also at the team's expense.

2. Financial Penalty:

3. The team incurs a fine of \$1,000.00 for the infraction.

3. Impact on Previous Games:

- If the player's ineligibility is discovered before any games are played, the team is fined and the coach is suspended, but no further action is taken regarding previous games.
- If the player's ineligibility is discovered after games have been played, the team is fined, the coach is suspended, and any games won by the team are nullified with a score of x (final score of the opponent) - 0.

Information Note:

The Governing Committee will have to review any decisions affecting the scheduling of the games and render a decision on how the Championship will be rescheduled. (The Governing Committee will have to review every case on a separate basis and make the final decision).

Players participating in any Football Canada Event will follow the True Sport guidelines:

**True Sport
Principles for Sport**

Go For It

Always rise to the challenge.
Discover how good you can be.

Play Fair

Play honestly and obey the rules.
Winning is only real when competition is fair.

Respect Others

Respect teammates, competitors, and officials, both on and off the field.
Win with dignity and lose with grace.

Keep it Fun

Have a good time. Keep a positive attitude and contribute to a positive atmosphere.

Stay Healthy

Respect your body. Keep in shape.
Avoid unsafe activities.

Include Everyone

Recognize and celebrate strength in diversity.
Invite and welcome others into sport

Give Back

Do something that helps your community.

TRUE SPORT VALUES

True Sport is founded on an explicit set of core values. These values are not imposed from above. Rather, they grow out of what Canadians believe is important and want to see manifested in community sport: **inclusion, fairness, excellence and fun**. These values apply across all sports and at all levels of sport – individuals, teams, schools, leagues, associations, communities – even cities.

Inclusion:

True Sport ensures inclusion by increasing accessibility and opportunities for participation in sport, while providing a welcoming, culturally diverse sport environment.

Fairness:

True Sport embraces fairness by promoting fair and ethical sport programs which translate into a positive sport experience for participants. Values such as respect, fair play and a love of the game are ingrained in the philosophy and implemented in community activities.

Excellence:

True Sport encourages sporting excellence and demonstrates high levels of participation in sport and physical activity. For example, a True Sport community boasts a number of aspiring and elite athletes, commits to hosting sporting events, and fosters a healthy number of sports clubs and recreation centres.

Fun:

True Sport embraces the concept of FUN. For example, a True Sport community ensures that programs and services provide activities that focus not only on skills and competition, but also on the social aspect of participating in sport.

The next layer of the True Sport system is its practices. These are the behaviours that are put into play on the ground and that make the values concrete. Behaviours such as:

- Playing fair
- Treating teammates and competitors with respect
- Abiding by the rules of the game
- Playing drug-free
- Penalizing inappropriate behaviour

These practices will be employed and enforced by all True Sport athletes, teams, leagues, associations, and communities.