



## **Football Canada is Adopting the IFAF Rulebook for the 2026 National Flag Football Championship Events**

Football Canada is adopting the International Federation of American Football (IFAF) rulebook starting at this year's flag football National Championship events in anticipation of future Olympic competition and international events for both our senior and junior national teams.

The move is being made to align Canadian high-performance flag football with the standard established by IFAF, the governing body of international Flag Football. IFAF rules govern all international play including the 2028 Olympic Games in Los Angeles, where Men's and Women's Flag Football will be introduced to the world.

Prior to the Olympic Games there will be multiple qualifying events, with the first opportunity for our Women's and Men's teams being in Germany in August 2026. For our Junior National Teams, their first exposure to international competition will take place at the Junior International Cup in California in summer 2026.

Football Canada is looking to provide our future Olympians, coaches, and officials opportunities that best mirror the conditions they will experience at these international competitions. As part of the pathway towards international competition, the 2026 National Championship events (listed below) will transition to fully adopt the IFAF rulebook.

- **Collegiate Flag (May 1-3) Regina, SK**
  - Contested by women's university and college teams.
- **Elite Flag (May 15-17) Kingston, ON**
  - Contested by provincial teams in U14, U16, U18 & U19 male and female divisions.
- **Senior Flag (June 26 – 28) Montreal, QC**
  - Contested by adult club teams in both male and female divisions.
- **Club Flag (July 31 – Aug 2) Ottawa, ON**
  - Contested by junior club teams in U14, U16, U18 & U19 male and female divisions.

This change only applies to these four events. All local flag programs will continue to be governed by their province or respective league, who will determine which rulebook should apply. The 2025 Canadian Amateur Flag Football Rulebook will have no major rule changes for the 2026 season.