



MINIMUM PHYSICAL STANDARDS

Flag Football — National Team Selection Criteria

LA 2028 Olympic Pathway

Phase 1 — Baseline Standards | 2026 ID Camp Data

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CONTEXT & METHODOLOGY

PURPOSE

Establish data-driven minimum physical benchmarks for National Team consideration. These standards represent the **floor** — meeting them does not guarantee selection, but falling below signals a gap that must be addressed.

DATA SOURCE

2026 Football Canada ID Camps across 6 provinces: Alberta, British Columbia, Saskatchewan, Ontario, Quebec (Montreal), and Maritimes. 200 female and 89 male athletes tested.

METHODOLOGY

Percentile-Based Approach

Standards set at approximately the 50th percentile of the current ID camp athlete pool — the median performance level.

Weighted Criteria (Phase 1)

These benchmarks carry initial weight in selection decisions. As the dataset grows across future camps and competitions, standards will be refined toward a Gold Medal Profile.

Sport-Specific Context

Flag football demands explosive speed, change of direction, and reactive power. These tests directly assess the physical qualities that separate elite from sub-elite performers in 5v5 play.

WOMEN'S MINIMUM STANDARDS

n = 200 athletes across 6 camps

TEST	MINIMUM STANDARD	POOL AVERAGE	ELITE (Top 10%)	DIRECTION
20-Yard Sprint	≤ 3.10 s	3.10 s	≤ 2.90 s	Lower is better
10-0-10 (Best)	≤ 4.20 s	4.20 s	≤ 3.96 s	Lower is better
Broad Jump	≥ 6'8" (80")	6'10" (82")	≥ 7'7" (91")	Higher is better
Vertical Jump	≥ 18.0"	18.4"	≥ 22.0"	Higher is better
Height	≥ 5'5" (65")	5'7" (67")	≥ 5'10" (70")	Higher is better



INTERPRETATION

Athletes meeting all 4 performance standards (sprint, COD, broad jump, vertical) should be considered for National Team long-listing. Athletes meeting 3 of 4 may be considered with demonstrated sport-specific skill (game film, positional evaluation). Height is contextual and position-dependent — it is a reference metric, not a hard gate.

MEN'S MINIMUM STANDARDS

n = 89 athletes across 6 camps

TEST	MINIMUM STANDARD	POOL AVERAGE	ELITE (Top 10%)	DIRECTION
20-Yard Sprint	≤ 2.80 s	2.78 s	≤ 2.66 s	Lower is better
10-0-10 (Best)	≤ 3.85 s	3.84 s	≤ 3.66 s	Lower is better
Broad Jump	≥ 8'4" (100")	8'5" (101")	≥ 9'3" (111")	Higher is better
Vertical Jump*	≥ 24.0"	24.9"	≥ 30.8"	Higher is better
Height	≥ 5'11" (71")	6'0" (72")	≥ 6'3" (75")	Higher is better

* Vertical jump data limited (n=34) — standard should be treated as provisional until more data is collected.



INTERPRETATION

Same framework as women's: 4 of 4 performance standards met = long-list consideration. 3 of 4 = considered with strong sport-specific evidence. Height is a reference metric and should be interpreted by position (e.g., QB/rusher vs. DB/WR). Manitoba data pending — standards will be recalibrated once incorporated.

SELECTION FRAMEWORK

EXCEEDS

All 4 Standards Met + Elite in ≥ 1

Athlete demonstrates national-level physical readiness. Prioritize for long-list and centralized training invitations. Fast-track into evaluation camps.

MEETS

All 4 Performance Standards Met

Athlete meets the physical baseline for Team Canada consideration. Evaluate sport-specific skill through game film, positional assessment, and ID camp performance to determine roster candidacy.

DEVELOPING

2-3 Standards Met

Athlete shows potential but has physical gaps. Provide individualized development targets with specific benchmarks and timelines. Re-evaluate at next camp opportunity or through video submission.

CRITICAL NOTE

Physical testing is ONE pillar of selection. Game film evaluation, positional skill assessment, tactical IQ, coachability, and competitive character all factor into final roster decisions. An athlete who narrowly misses a physical standard but dominates on film should not be excluded without discussion. Conversely, elite physical scores alone do not guarantee selection.



BUILDING THE GOLD MEDAL PROFILE

The path from minimum standards to podium targets

PHASE 1

NOW

Baseline Standards

- ID camp data (6 camps)
- Minimum physical thresholds
- Weighted selection criteria
- 289 athletes assessed

PHASE 2

2026–27

Expanded Dataset

- Manitoba + additional camps
- Competition performance data
- GPS/force plate integration
- Position-specific standards

PHASE 3

2027–28

Gold Medal Profile

- International benchmarking
- Longitudinal athlete tracking
- Predictive performance model
- OTP reporting alignment