



**YORK REGION ATHLETIC ASSOCIATION  
GIRLS' FLAG FOOTBALL PLAYING REGULATIONS**



1. Season of Play: Girls' Spring Sport
2. Divisions: Junior and Senior
3. Eligibility:
  - a) See YRAA transfer application form.
  - b) Age Division: Classifications

**Junior** School Year: **2024-25**  
Year of Birth must be no earlier than: **2009**  
Date of Entry to grade 9 must be no earlier than August of: **2020**

**Senior** School Year: **2024-25**  
Year of Birth must be no earlier than: **2005**  
Date of Entry to grade 9 must be no earlier than August of: **2020**
  - c) The team roster must be completed on-line by the deadline established at the preseason meeting.
4. **Governing Rules:**
  - a) Refer to the current OPHEA safety guidelines for this sport
  - b) Players: Each team will have 7 members on the field at one time. The offence will have at least 3 players on the line and defense will have 1 player ("rusher") positioned a minimum of 10 yards from the line of scrimmage marked by a bean bag. Only one rusher is permitted and they must be at least one yard, but no further than 2 yards, on either side of the beanbag. Not allowed to begin the rush from directly across from the centre.
  - c) Dress:
    - i) All players must wear a common identifying jersey with a number on the back.
    - ii) Running shoes may be worn or multi-cleat boot with a minimum of 7 cleats. no part of the cleat may be metal.
    - iii) All players will wear regulation Triple Threat flag football belts and flags. The shirts must be tucked in. The flags are not to be the same colour as the shorts.
    - iv) No padding is to be worn except kneepads, The exception is soft padding for protection or an injury.
    - v) Shorts to be worn. In inclement weather, sweat pants are permitted
    - vi) Mouthguards are optional.



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- vii) Leg coverings (Spandex) may be worn under a team uniform but must not interfere with the normal use of the flag and cannot be the same colour as the flag.
  
- d) Flag:
  - i) Flags must all be the same length as per iii) and may not be altered in any way.
  - ii) Every player must have 3 flags at all times.
  - iii) The Triple Threat Belt is the official belt and must be worn by all players.
  
- e) Football:
  - i) The football to be used in the games is the Wilson TDY, Wilson TDJ or Nike 1505Y.
  - ii) Teams may use their own ball and are responsible for bringing it onto the field.
  
- f) Field:
  - i) Sidelines, goals lines and centerline must be marked.
  - ii) All goal posts must be covered by goal post pads manufactured for that specific purpose.
  - iii) Similar coloured bean bags will be used to mark the line of scrimmage and the line to gain for a first down. A different coloured beanbag will identify the rusher's mark, **10** yards from the line of scrimmage. The rusher must start within two lateral steps of the beanbag.
  
- g) General: There will be four downs to make **15 yards** for the offensive team.
  
- h) At the start of the game the captains of both teams shall meet the Referee at centre field. The Referee will toss a coin and the visiting captain will make the call. The team winning the coin toss will have the option to have first choice in the first half or the second half. The team with the first choice in the first half may choose to kick off, receive the kick or choose to defend an end of the field. The teams will switch ends for the second half. The other team will have the choice of kicking or receiving to start the second half.
  
- i) Time for League and Playoff Games
  - i) There will be two halves – 25 minutes running time except for injuries, plus 3 plays – kick offs, converts and most penalties do not count.
  - ii) Five minutes half time.
  - iii) Each team is entitled to one time-out per half, to be called by any player **or the coach**.



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j) Officials:

Three officials per game will be supplied by Durham/York Football Officials Association.

k) Scoring:

- 6 points for touchdown
- 1 point by scoring a TD by scrimmage play from the 5 yd line
- 2 points by scoring a TD by scrimmage play from the 10 yd line
- 3 points for a field goal
- 2 points for a safety touch
- 1 point for a rouge (single)

After a safety touch, the scoring team shall scrimmage from their 35 yd line.

l) Team Standings

- Win = 3 points
- Tie = 2 points
- Loss = 1 point
- Loss to defaults = 0 points

m) Tie in Standings

- i) two teams: take the record between teams;
- ii) if still tied or three team tie: points for minus points against;
- iii) if tie still exists, points against.
- iv) if tie still exists, coin toss

NOTE: Point spread will be to a maximum of plus/minus 14 points for each game played.

NOTE: Defaulted Games: coaches must notify convenor of intent to default a game within 2 days of the scheduled game or face penalties outlined in Article XIX, Section 1(f) of the Constitution. Teams defaulted against receive an automatic 14 points.

n) Ties:

- i) Tie games in regular season play should stand as tie games.
- ii) Playoff games will be played to conclusion. Overtime will commence with a coin toss, with the same options as those at the start of game. Overtime for all playoff games will be a shoot-out from the 35-yard line. A winner is determined only if both teams have had equal opportunities to score. This will continue until a winner is declared. Should the defensive team score during a possession, the game is over. There are no time-outs in overtime



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- o) Rules of Play:
- i) Once the ball has been placed by the referee, the offensive team has up to 20 seconds to put the ball into play.
  - ii) The ball is in play when snapped by the centre, and remains in play until the ball carrier's flag has been removed/falls off, the ball becomes dead or an official's whistle is blown.
  - iii) Once a flag has been removed, the defensive player must hold the flag above her head so that the referee may stop play.
  - iv) The ball carrier cannot jump or dive to gain yardage. It is also their responsibility to avoid contact with the defender. They must retrieve their flag after the play.
  - v) Ball is dead if:
    - a) On the kick off, the ball is tipped forward by the receiving team.
    - b) On the snap, the ball is fumbled.
    - c) If the ball is dropped by a punt receiver.
    - d) If the ball is dropped on a pass (incomplete pass).
    - e) If a ball carrier steps out of bounds.
    - f) If the ball hits the ground on a handoff or lateral
    - g) If the ball carrier has passed the line of scrimmage and a backward toss is attempted and dropped, the play is dead at the point where the ball hit the ground.
    - h) If a ball carrier has complete control of the ball and it dropped, play is dead at the point where the ball hit the ground

vi) Kick Plays

Kick Offs

- a) the ball remains live for the receiving team if it is tipped backwards on the kick reception
- b) The kicking team can never recover the ball
- c) The pathway of the kicking team cannot be obstructed in anyway by the returning team (no picking or screening)

Punts & Field Goals

All kicking plays from scrimmage (punts and field goals) must be declared to the referee and opponent before the play.

- There is no rusher on a kick play
- a fumbled snap results in a 5 yd. penalty, down repeated
- After the ball is snapped, members of the kicking team cannot cross the line of scrimmage to proceed downfield



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until the ball has been kicked. The receiving team cannot obstruct members of the kicking team in their pursuit of the kick returner

### Punts & Waiving Fourth Down

If a team is on their side of centre field, they may waive a fourth down kicking opportunity. Rather than kicking, the ball will be advanced 30 yards and the opponent shall scrimmage, first down.

#### p) Penalties:

- i) Unnecessary Roughness – Players must play under control at all times and are responsible for their movements and actions. Excessive or deliberate physical contact between opponents is a penalty. This includes grabbing the flag in an overly aggressive manner. It may also include Roughing the passer, Clipping (pushing from behind) straight arm by the ball carrier or contacting an opponent out of bounds.

15 yd. penalty, automatic first down

- ii) Objectionable conduct – any player shall be penalized ten yds. for any act of unsportsmanlike conduct such as inappropriate language, taunting, etc. Multiple OC penalties may result in player disqualification.

- iii) Flag Guarding - a deliberate action to prevent a defender from grabbing the flag. The play is blown dead at the point of the foul, a 5 yd penalty is applied and downs continue.

- iv) Obstruction or Interference – it is illegal to obstruct an opponent's path to the ball, ball carrier, or intended receiver. 10 yd penalty

- v) No yards - If the player does not allow 5 yards to an opponent attempting to gain possession of a punt or field goal. The 5-yard zone is determined by a circle with a 5 yd radius; with the centre point being the ball at the instant it is first touched. If the kicked ball is first touched by the receiving team in the air prior to having touched the ground:

15 yd penalty if the ball has not struck the ground (caught in the air)

5 yd penalty added to the end of the play if the ball struck the ground

- ix) Procedure - not having a minimum of 3 players on the line of scrimmage, offside at the line, illegal movement, illegal formation (QB not receiving the snap in shotgun) – 5 yards

Note – the first person to receive the snap from centre shall be considered the QB.



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- x) Offside (defense)- 5 yards
  - If the rusher is less than 10 yards from line of scrimmage when the ball is put into play.
  - If any defensive player (other than the rusher) crosses the line of scrimmage before the rusher does (once the rusher crosses the line of scrimmage, any defensive player can also cross the line of scrimmage).

Note: Once the ball has been handed off or passed to a player who did not receive the ball from center, any defensive player can cross the line of scrimmage (ie, handoff to running back, lateral pass to wide receiver)

- xi) Offside pass – play dead at point of pass.
- xii) Flag falling off by itself – play dead immediately. If a player completes a pass reception without wearing flags, the pass shall be ruled incomplete.
- xiii) Kick-off Out of Bounds – receiving team can scrimmage where the ball went out of bounds, scrimmage 25 yards in advance of the kick-off line, or require the kicking team to re-kick with a 5 yd penalty.
- xv) Player's flags must be official length – 10 yd penalty on first offence (if player gets a **second** offence she will be ejected from the game).
- xvi) Tampering with the flag: any action which prevents the normal use of the belt (e.g., tying the belt on) deemed by the officials to be deliberate, will result in:

Ejection of the offending player from the game  
10 yd penalty and any score by offending team is cancelled.

- xvii) Pass interference
  - Offensive – 15 yards
  - Defensive – 15 yards if the interference was greater than 15 yards and an automatic first down. Point of foul if the interference was less than 15 yards and an automatic first down.
- xviii) Grabbing the flag of an opponent before they have gained possession of the ball results in a 10 yd penalty.



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**5. Supervision of Teams/Individuals:**

- a) All teams or individuals must have on site supervision by a member of the teaching staff or retired teacher from the school that they represent.
- b) This teacher shall be responsible to the YRAA for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and member of school staffs.
- c) A non-teacher (community volunteer, parent, etc.) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible.
- d) The teacher must be present on the bench for team sports or in the immediate vicinity for all other sports.
- e) Unless the staff member (as defined in Section 1 a) above) of the competing school is present, the opposing teacher/coach and/or convenor shall not allow the game to begin or an individual to compete and the competition shall be forfeited.
- f) No teacher/coach shall officiate a game involving his/her team.
- g) It is the teacher/coaches' duty to ensure the accuracy of the information provided on the game sheets compared to the team's eligibility list.

**6. Inclement Weather:**

- a) In the event of inclement weather, games may be cancelled and rescheduled if:
  - i) the transportation company (bus) cancels the booking OR
  - ii) The school principal determines that the weather is unsafe for teams to travel OR
  - iii) The host school teacher/coach, in consultation with the Athletic Designate and/or school administration, determines the playing environment to be unsafe (eg standing water on fields, excessive ice).
  - iv) when lightning or thunder is seen or heard in the area, play shall be suspended and participants shall seek appropriate shelter as outlined in the current OPHEA safety document. Play may be resumed once 30 minutes has passed since the last observation of lightning or the sound of thunder. The decision to suspend play shall be made by the game official and/or teacher/coaches of the teams involved in the competition.



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Whenever possible, it is recommended that a decision to cancel a game due to inclement weather be made by 1:00 p.m. the day of the game.

- b) Once this has happened the coach or AD of the school canceling shall:
    - i) Notify the school(s) being played that they will not be able to play due to inclement weather;
    - ii) contact the YRAA office that the game is being cancelled due to inclement weather;
  - c) The YRAA will
    - i) Keep a record of cancelled games in order to ensure that they are rescheduled
    - ii) Notify the referee assignor that the games are cancelled and will be rescheduled so that unnecessary travel by officials can be avoided.
- 7. Costs:**  
The financial cost of the operation of the playoffs plus the assignor(s) fees(s) shall be shared equally by all schools participating in the league, regardless of classification (A, AA, AAA) on a per team basis.
- 8. Reporting Scores:**  
For league games coaches are to report scores on the YRAA website or to the Athletic Convenor
- 9. Awards:**
- a) **Team:** Trophy and pennant for championship team.
  - b) **Individual:** Twenty (21) first and second place medallions

**June 2024**