



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

1. Season of Play: Girls' Spring Sport
2. Divisions: Junior and Senior
 - A) The minimum number of teams to run a league will be 4. If less than 4 teams declare for a league, the convenor(s) of the league may appeal to the executive for an exception. Appeals must be heard before the pre-season meeting for that sport.
 - B) If a sport declares less than 4 teams three years in a row, the sport will no longer be offered as an option by the YRAA.
3. Eligibility:
 - a) See YRAA transfer application form.
 - b) Age Division: Classifications
 - Junior** School Year: **2019-20**
Year of Birth must be no earlier than: **2004**
Date of Entry to grade 9 must be no earlier than August of: **2015**
 - Varsity** School Year: **2019-20**
Year of Birth must be no earlier than: **2000**
Date of Entry to grade 9 must be no earlier than August of: **2015**
 - 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 7 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) Mouthpieces are mandatory, and must be worn by each member of the team while on the field.



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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) Bean bags will be used to mark the line of scrimmage and distance needed for a first down, and the area from which the rusher is allowed to rush from (1 beanbag at 7 yards). Rusher cannot be more than two steps away from the beanbag. Beanbag for rush area to be a different colour from the first down beanbag.
- g) General: There will be four downs to make 15 yards for the offensive team.
- h) Opening Procedure: For the opening kick off, the visiting team will call the coin toss, 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 the end of the field. The teams will switch ends for the second half. The other team will the choice of kicking or receiving to start the second half.
- i) Time for League and Playoff Games
 - i) There will be two 30 minute halves – 27 minutes running time except for injuries, plus 5 plays – kick offs, converts and most penalties do not count.
 - ii) Five minutes half time.
 - iii) Maximum of two 1-minute time outs per half per team, to be called by a any player or the coach.
- j) Officials:

Three officials per game will be supplied by Durham/York Football Officials Association.
- k) Scoring:
 - 6 points for touchdown
 - 1 point for a kicked convert (from 10 yard line)
 - 2 points for a run in or passed convert (**from 10 yard line**)
 - 3 points for a field goal
 - 2 points for a safety touch
 - 1 point for a rouge



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After a safety touch, the scoring team has three options:

- 1st down on their own 35 yard line
- opponent kicks off from their own 35 yard line
- kick off from own 35 yard 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. Each team will have a first and ten to try to score. If after the first round the score is still tied, they will have a second round of tries. This will continue until a winner is declared. Each team will have one time out per set of tries.

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, or falls off and the 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 must retrieve the removed flag after stoppage of play.
- v) Ball is dead if:
 - a) On the kick off, the ball is tipped forward.
 - b) On the snap of a punt, convert or field goal, if the exchange is fumbled, play will be blown dead; if on the fourth down, a 5 yard penalty will be assessed and the punt or field goal will be repeated. On a convert, a 5-yard penalty will be assessed and the convert will repeat.
 - c) On the snap, the ball is fumbled.



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- d) On a punt, if the ball is dropped by a punt receiver.
 - e) If the ball is dropped on a pass (incomplete pass).
 - f) If a ball carrier steps out of bounds.
 - g) If the ball hits the ground on any exchange (i.e. hand-off, pitches and passes) behind the line of scrimmage, the ball is ruled dead at the worst possible point. (i.e. to prevent gaining yardage on a fumble).
 - h) 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.
 - i) 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) On the kick off
- a) If the ball is tipped backwards by the receiving team, it is live only to the receiving team.
 - b) There are no onside kicks, so 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)
- p) Penalties:
- i) Deliberate physical contact between offensive and defensive players in the open field on any special team play is 15 yards from the point of infraction, or point of last scrimmage. This includes the ball carrier.
 - ii) Roughing the passer or kicker – 15 yards plus a first down.
 - iii) Clipping (pushing from behind) – 15 yards from point of infraction, or point of last scrimmage.
 - iv) Objectionable conduct (swearing, arguing with referees – any communication with the referees is done only by the team captains) – 10 yard team penalty for the first offence in a game –10 yards team penalty and automatic expulsion from the game of the offending individual on the third offence – offender may be expelled on the first or second offence if it is serious.
 - v) Screening the flag (a deliberate attempt to prevent removal by a defensive player e.g. by covering with the hand) – 5 yard penalty –the play is blown dead at the site of the foul and the downs continue.
 - vi) Straight arming – 10 yards from point of infraction or point of last scrimmage
 - vii) Blocking/screening (obstructing the defensive player's path in a deliberate attempt to slow their progress towards the ball carrier) 10 yards from the line of scrimmage
 - viii) No yards (not giving 5 yards on a punt) –10 yards from point of foul
 - ix) Offside or illegal motion = not having a minimum of 3 players on the line of scrimmage – 5 yards (the play will be whistled dead).



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- x) *Offside (defence)- 5 yards
 - If the rusher is less than 7 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/EXCEPTION : Once the ball has been handed off or passed to a player who did not receive it from center, any defensive player can cross the line of scrimmage (i.e, 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.
- xiii) Out of bounds kick off – receiving team has the option of taking the ball at the point of play stoppage or repeating of kick off with a 10-yard penalty.
- xv) Players flags must be official length – 10 yard 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 yard penalty and any score by offending team is cancelled.
- xvii) Pass interference
 - offensive – 10 yard penalty
 - defensive pass interference the ball is awarded to the offence at the point of the foul and an automatic first down is granted
- xviii) All special teams kicks (punts and field goals) must be declared to the referee prior to centering the ball.
 - No rush is permitted on kicks
 - Kicking team cannot leave the line of scrimmage until the ball has been kicked
 - Fakes are not permitted on kicks
 - The pathway of the kicking team CAN NOT be obstructed in any way by the returning team (NO picking or screening)

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 sorts or in the immediate vicinity for all other sports.



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- 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.

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;
 - iii) Make arrangements with the school(s) involved to reschedule the game(s) at a date that is acceptable to all parties and fits within the established master schedule. Should a mutually agreeable date to reschedule not be found within forty-eight (48) hours, the convenor will assign a date that fits in to the master schedule.
- c) The YRAA office 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.



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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 2019