



**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: **2025-26**
Year of Birth must be no earlier than: **2010**
Date of Entry to grade 9 must be no earlier than August of: **2021**
 - Senior** School Year: **2025-26**
Year of Birth must be no earlier than: **2006**
Date of Entry to grade 9 must be no earlier than August of: **2021**
 - c) The team roster must be completed on-line by the deadline established at the preseason meeting.

4. Governing Rules:

- a) Games shall be played by the rules as laid down in the Football Canada Flag Rule Book for 7v7 play with the following exceptions:

7v7 Rule 1 – Field

1 Field Definition and Markings

1.1 The field of play shall be 110-yards long by 65-yards wide. In addition, there shall be an end zone ~~20-~~ 10 yards long at each end. These areas shall be marked as shown in the field diagram.

7v7 Rule 3 – Game Procedure

1 General Rules

1.3 The offensive team tries to bring the ball to the opponent's end zone by passing or running it (touchdown or kick). **Team A (offense) shall have four downs in which to gain 15 yards. A down may be repeated following the application of a penalty against either team. If in a series of four downs, Team A does not gain the required 15 yards, the ball shall be awarded to Team B as first down where the ball becomes dead. If the required 15 yards are gained, a new series of downs begins.**

1.4 If the offensive team thinks that they will not get a 1st down, they can decide to give the ball back to the opponent by kicking the ball to them as far away as possible from their own end zone. **All kicking plays must be declared to the referee and opponent. If a team is on their own side of centre field, they may waive a fourth down kicking opportunity. The ball will be advanced 30 yards away from their line of scrimmage and it will be Team B, first down.**



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2 Choice of Kick-Off

2.1 For the first half, the captain of the visiting team who wins the coin toss shall choose to kick off, receive the kick or defend an end of the field. The captain of the home team who loses the coin toss shall then choose 1 of the 2 remaining choices.

2.2 For the 2nd half, the captain of the home team who lost the coin toss shall choose to kick off, receive the kick off or defend an end of the field. The captain of the visiting team who won the coin toss shall then choose 1 of the 2 remaining choices.

3 Down

3.1 After the ball becomes dead on a kick off, the team in possession shall be awarded a first down and will have 3 4 attempts or downs to gain 40-15 yards. The ball shall be advanced by carrying it or throwing it using legal scrimmage play. If the offense gains the required distance in the series of 3 4 downs, a first down is awarded again

3.2 If the required distance for a first down is not gained in the 3 4 attempts, the ball is awarded to the defense at the point where the ball becomes dead after the third fourth attempt.

7v7 Rule 4 – Timing / Overtime

1. Timing

1.1 The game is divided into 4 2 periods called quartera halves.

1.2 Not counting time outs, the 1st and 3rd quarters 2nd halves consist of 45 25 minutes.

1.3 After 40 20 minutes of play in the 2nd and 4th quarters each half (not counting time outs), the referee informs both teams that 2 5 minutes remain before the last 5 3 plays of the quarter half. Following the 3 5 minute warning signal (not counting time outs), the referee informs both teams that only 5 3 plays remain before the end of the half. These 5 3 plays do not include converts, kick-offs or downs replayed because of a penalty.

1.4 The time clock starts on the referee's whistle at the beginning of play in each quarter half. The time clock runs continuously except during time outs and the last 5 3 plays of a half. Otherwise, the time clock can only be stopped and restarted on the head referee's signal.

1.5 During the last 5 3 plays of the 4th quarter 2nd half, the head referee can stop the game if he or she feels that the security of the players is compromised.

1.6 Each half will begin with a kick off from the kicking team's 45-yard line. ~~The 1st and 3rd quarters will end when no time remains in the period when the ball becomes dead at the end of a legal play.~~

1.7 ~~At the start of the 2nd and 4th quarters, the teams will change ends. The ball will be put into play by the team entitled to do so, at the appropriate point determined by the end of the last play of the previous quarter.~~

~~3. Changing Ends~~

3.1 ~~At the end of the 1st and 3rd quarter, the 2 teams change sides on the field.~~



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~~3.2 The team in possession of the ball will then restart the next play at a point corresponding exactly to the point where the ball became dead at the opposite end of the field, and in exactly the same manner as if play had not been interrupted by the end of the previous period.~~

4. Halftime

4.1 At the end of the ~~2nd quarter~~ **1st half**, a 5 minute rest period is allowed. With the approval of the captains on both teams and the head referee, the length of the halftime period can be modified.

Rule 12 - Rushing the Quarterback

1. Rushing

1.1 All players who rush the passer must be 7-yards for 5v5 and ~~5-~~**10** yards for 7v7 from the line of scrimmage at any point after the ball has been snapped. Both the line of scrimmage and the rusher line will be marked with a bean bag. ~~Any number of players can rush the quarterback.~~ Players not rushing the quarterback may defend on the line of scrimmage after the snap. The rusher must rush continuously, in a direct path towards the quarterback if they are in the pocket or are rolling out. Once the ball is handed off, tossed, pitched or lateralled ~~or a fake handoff, toss, pitch or lateral occurs,~~ the ~~7- or 5-~~ **10** yard rule no longer is in effect, and all defenders may go across the line of scrimmage from anywhere on the field.

1.2 A rusher lined-up within 2-yards (on either side) of the 7-yard marker (5v5) or ~~5-~~ **10** yards (7v7) is entitled to a free direct path to the quarterback – the rusher may not be interfered with by any offensive player. If the rusher is lined up outside the 2-yards (on either side) of the ~~7~~ **10** yard marker, or they switch the side that they are on once the center is ready to snap the ball, they are not entitled to a free path to the Quarterback. **You are only allowed to rush one person per play. The rusher must declare themselves to the official by raising their hand.**

- b) Refer to the current OPHEA safety guidelines for this sport
- c) 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.
- d) Dress:
 - a) All players must wear a common identifying jersey with a number on the back.
 - b) Running shoes may be worn or multi-cleat boot with a minimum of 7 cleats. No part of the cleat may be metal.
 - c) All players will wear regulation Popping Flag Belts with two pop-off flags. The shirts must be tucked in. The flags are not to be the same colour as the shorts.



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- d) No padding is to be worn except kneepads, The exception is soft padding for protection or an injury.
- e) Shorts to be worn. In inclement weather, sweat pants are permitted
- f) Mouthguards are **mandatory**
- g) 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.
- e) Flag
 - a) Flags must all the same length as per iii) and may not be altered in any way.
 - b) Each player must always carry two flags.
 - c) The Popping Flag Belt is the official belt and must be worn by all players.
- f) Football:
 - a) The football to be used in the games is the Wilson TDY, Wilson TDJ or Nike 1505Y.
 - b) Teams may use their own ball and are responsible for bringing it onto the field.
- g) Field:
 - a) Sidelines, goals lines and centerline must be marked.
 - b) All goal posts must be covered by goal post pads manufactured for that specific purpose.
 - c) 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.
- h) General: There will be **four downs** to make **15 yards** for the offensive team.
- i) At the start of the game, the captains of both teams shall meet the referee at centre field. The referee shall toss a coin with the visiting team captain making the call. The captain of the team winning the coin toss shall declare whether to have first choice at the start of the first or second half

The captain of the team having first choice at the first half shall choose between:
 - a) Kicking off or receiving the kickoff or, b) which end of the field to defend.
The captain of the other team shall have first choice at the start of the second half, when both captains shall again meet the referee at centre field to make their choices.

The teams will switch ends for the 2nd half.
- j) Time for League and Playoff Games
 - a) There will be two halves – 25 minutes running time except for injuries, plus 3 plays – kickoffs, converts and most penalties do not count.
 - b) Five minutes half time.



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- c) Each team is entitled to one time-out per half, to be called by any player or the coach.

- k) Officials:

Three officials per game will be supplied by a group vetted by the YRAA Executive.

- l) 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.

- m) Team Standings

Win: 2 points

Tie: 1 point

Loss: 0 points

- n) Tie in Standings

- a) two teams: take the record between teams;
- b) if still tied or three team tie: points for minus points against;
- c) if tie still exists, points against.
- d) 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 14, Section 6 Forfeitures of the YRAA Operations Manual. Teams defaulted against will receive a score of 14-0.

- o) Ties

- a) Tie games in regular season play should stand as tie games.
- b) 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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p) 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 their 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 is 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)



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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 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.

q) 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 yard penalty is applied and down continues.
- 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



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- 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.
- 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 school 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.
- 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
 - i) The school principal determines that the weather is unsafe for teams to travel OR
 - ii) 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

April 2026