

Ottawa Womens' Football / NFL Flag Ottawa League Rules

Clothing:

1. Players are not allowed to wear pants or sweaters with pockets while playing.
2. Mouthguards must be worn at all times while playing.
3. Players must be wearing the same color jerseys
4. Pants or shorts must be a different color from the flag's color.
5. Jersey must be a different color than the flag color

Ball Sizes

1. NFL Flag
 - a. U6 - NFL Flag Red ball
 - b. U8 / U10 - NFL Flag Blue ball
 - c. U12 - NFL Flag Brown ball or Junior
 - d. U14 - NFL Flag Brown ball or Junior
 - e. U16 / U18
 - i. Female : Youth
 - ii. Male: Sr
2. Adult
 - a. Women's competitive: Junior or Youth (preferred)
 - b. Women's Recreation: Junior or Youth
 - c. Mixed adult: Senior
 - d. Men's: Sr

Suspensions

6. Officials have the right to eject players.
7. League Coordinators have the ability to eject players on two strike bases.
8. Player ejections will result in suspensions.
 - a. First offense: ejected players will be suspended for the remainder of the game.
 - b. Second offense: ejected players will be suspended for the remainder of the game and one additional game (the next match).
 - c. Third offense: ejected player will be suspended for the season with no refund.
9. Unsportsmanlike conduct is not tolerated and can result in player ejection.

Eligibility:

1. Players must abide by the league age restrictions.
 - a. NFL Flag: parents may request to move their child up an age group. This will be determined after an evaluation and consideration for the other participants.

2. Players cannot play on two different teams in the same league (ex. Women's, Mixed, Men's, NFL Flag)
 - a. If a QB wants to play as a receiver, they can do so as the exception to this rule. This player cannot play on two teams in the same division.

Spare:

1. Teams are allowed spares during the regular season only.
2. Spares will not be permitted to play in playoffs.
3. Spares must be registered as a spare or as a player on another team.

Games:

1. Games are to start at the scheduled time.
2. Teams must have a minimum of 4 players to play.
3. Delayed start times
 - a. For every minute a team is unable to meet the minimum rosters, the opposing team will be awarded 1 point to a max of 10 points.
 - b. If a team is unable to meet the minimum number to play 10 mins after start time, they forfeit.
 - c. Games that are able to start will experience a shorter first half and a shorter half time to maximize the playing time.

No shows

1. If a team is a no show without notifying to the league before 12pm on game days, the team will lose their points score from the previous game resulting in a score of ZERO.