2026
VMFL SPRING FLAG HANDBOOK

Mission Statement:

To foster and promote minor football in conjunction with our member associations with the emphasis on participation and competition

Table of Contents

Mission Statement: ***4***

Goals: ***4***

Objectives: ***4***

Guiding Principles of the VMFL and its member Associations: ***4***

Our 2026 Spring Handbook ***5***

1 DEFINITIONS & INTERPRETATION **6**

1.1 DEFINITIONS 6

1.2 INTERPRETATION 8

1.3 ASSOCIATE MEMBERSHIP 9

2 CONDUCT OF THE GAME **9**

2.1 RULES AND COSTS 9

2.2 PRE-GAME 10

2.3 THE FIELD AND FACILITIES 10

2.4 PERSONS PERMITTED IN THE GAME PLAY AREA 10

2.5 THE BALL 10

2.6 UNIFORMS AND EQUIPMENT 11

2.7 THE GAME 11

2.8 POST-GAME 11

2.9 DAMAGE AT PARKS 11

3 FIELD PERSONNEL **12**

3.1 ROSTER SIZE 12

3.2 GAME COMMISSIONER 12

4 PLAYER ROSTERS AND ELIGIBILITY **13**

4.1 ROSTERS 13

4.2 VMFL ROSTER VERIFICATION RULES 13

4.3 PLAYING OF INELIGIBLE PLAYERS 14

4.4 PLAYER MOVEMENT AND RELEASE 14

4.5 NOT ELIGIBLE UNLESS ON A ROSTER 14

4.6 RULES AGAINST RECRUITMENT 14

5 COACHES AND TEAM STAFF **15**

5.1 CODE OF CONDUCT 15

5.2 SUBMIT CCOC to VMFL 15

5.3 CCOC CHANGES 15

5.4 COACHES TRAINING 15

5.5 STANDARDS 16

6 FORFEITED GAMES **16**

6.1 SCORING IN A FORFEITED GAME 16

6.2 MINIMUM NUMBER OF DRESSED PLAYERS 16

7 SCORING AND STANDINGS **17**

7.1 LEAGUE SCORING AND STANDINGS 17
8 GENERAL CONDUCT 17
8.1 CONDUCT 17
8.2 COURTESY TREATMENT 18
8.3 LANGUAGE 18
8.4 FIGHTING 18
8.5 SMOKING 18
8.6 UNSPORTSMANLIKE OR OBJECTIONABLE CONDUCT 18
8.7 JOINING AN ALTERCATION 18
8.8 EJECTION FOLLOW UP 19
9 EJECTIONS AND DISQUALIFICATIONS 19
9.1 EJECTION SUSPENSIONS 19
9.2 PLAYER EJECTION 19
9.3 COACH or TEAM PERSONNEL EJECTION 19
9.4 MISCONDUCT 19
9.5 DISQUALIFIED PLAYERS MAY NOT BE ON THE FIELD 20
9.6 SUSPENSION NOTIFICATION 20
10 TEAM DECLARATIONS AND SCHEDULING 20
10.1 TEAM DECLARATIONS 20
10.2 FOOTBALL INSURANCE FEES 20
COACHES CODE OF CONDUCT 20
APPENDIX A 25

Mission Statement:

To foster and promote minor football in conjunction with our member associations; placing the emphasis on participation and competition.

Goals:

- Having as many associations, teams and participants in all divisions as we have resources available.
- To be competitive while at the same time having the participants enjoy football and learn team spirit through a league structure.
- To operate the annual football program with a balanced budget including a $5,000 scholarship contingency fund.
- To promote Community Football through our affiliation with our member associations
- To coordinate and organize the VMFL League Schedule for spring flag and fall seasons, the VMFL Championship Schedule (s) and the VMFL Cheerleading Competition.

Objectives:

- FUN
- LEARN SKILLS
- TEAM - SOCIAL - CO-OPERATIVE
- SAFETY
- EQUAL COMPETITION
- ASPIRATIONS OF YOUTH

Guiding Principles of the VMFL and its member Associations:

- To provide and promote minor football and community cheerleading, through our member associations, to youth aged 5 -18.
- To provide youth the opportunity to play football and cheerleading to their capabilities.
- To provide youth the opportunity to play contact football at the competitive level.
- To provide youth the opportunity to play flag football at the recreational and competitive level.
- To provide youth the opportunity to do cheerleading at a community and competitive level.
- To ensure that our program is enjoyable and safe for all participants.
- To ensure an educational process for the learning and development of team concepts, community spirit and good sportsmanship are entrenched in our program.
- To provide youth the opportunity to appreciate the game of football and cheerleading, enjoy recreational sport and learn the fundamentals of the sport.
- To give the opportunity for players, coaches and officials to develop their skill sets through proper certification programs.
- To ensure safety equipment is utilized properly and adequate playing fields or spaces for practice and games are made available.

Our 2026 Spring Handbook

The Vancouver Mainland Football League (VMFL) is composed of member Associations, from the Lower Mainland and Vancouver Island, playing Canadian rules football. The VMFL also has associate members who participate in the spring flag and fall leagues. The VMFL's mandate is to provide an environment for children aged 5 to 18 to learn the skills of Football in a competitive environment, and to learn the skills of flag football in a recreational environment.

The VMFL has 6 divisions in the spring flag season – U8, U10, U12, U14, U16, and U19. The VMFL schedules games for the regular spring season and organizes the VMFL jamborees, hosted by member clubs, in accordance with this Handbook. The spring flag season provides the opportunity to participate in the Provincial championships at the end of each season.

The following pages contain the rules that govern the VMFL Spring Flag and allow children to participate in the sport of flag football to the best of their ability.

1 DEFINITIONS & INTERPRETATION

1.1 DEFINITIONS

In this Handbook, the following words and phrases when used in this handbook have ascribed to them the following meanings:

a) **"Associations"** means the societies, clubs, associations or other legal organizations that are from time to time members of the VMFL pursuant to the Constitution and bylaws of the VMFL; and "Association" means one of the Associations, as the context may require.
b) **"Association Presidents"** means the persons who are, from time to time, the presidents of the Associations and "Association President" means one of such persons as the context may require.
c) **"BCPFA"** means the BC Provincial football association, the Provincial governing body;
d) **"Days"** means calendar days irrespective of weekends or holidays.
e) **"Executive Director"** means the person who is the president of the VMFL or
    i. if the person who is the president of the VMFL is absent or due to other circumstances is unable to act in the capacity of president of the VMFL in respect of any matter (including circumstances which by this Handbook, the president of the VMFL opts not to act or is deemed to be in a conflict of interest), then the person who is the authorized designate of the president of the VMFL as determined by the VMFL Executive, from time to time; or for the purposes of a specific matter or task, the person who is a vice–president of the VMFL or
    ii. Another member of the VMFL Executive, and who is expressly designated in writing by the president of the VMFL to act on behalf of president of the VMFL in connection with that specific matter or task, including but not limited to the receipt or review of a complaint pursuant to the VMFL's Discipline and Complaints Policy.
f) **"Football BC"** means the Provincial governing body;
g) **"Handbook" or "Spring Flag Handbook"** means this edition of the VMFL Spring Flag Handbook, as it may be amended or supplemented from time to time, inclusive of all appendices and schedules, and the expressions "hereof", "herein", "hereto", "hereunder", "hereby" and similar expressions refer to this Handbook and not to any particular section, subsection, paragraph or other portion of this Handbook.
h) **"in writing"** includes a written or typed communication given by electronic mail, facsimile transmission or other electronically produced means (including a photo scanned copy of an original document) and a consent, communication or notice as executed, given and/or received by the requisite person(s) in such manner shall be legally binding and effective as if an original, manually executed in writing was presented in lieu of such written or typed communication executed, given and/or received by electronic mail, facsimile transmission or other electronically produced means (including a photo scanned copy).
i) **"BCFOA"** means the British Columbia Football Officials Association.

j) **"Majority Resolution"** means a resolution of the Association Presidents:
   i. passed at a general meeting by a simple majority of the votes cast by or on behalf of those Association Presidents having the right to vote at the general meeting, or
   ii. passed, after being submitted to all of the Association Presidents in writing, by being consented to in writing by or on behalf of at least a majority of the Association Presidents having the right to vote at a general meeting (if a general meeting were called at the time to address the resolution);

k) **"Officials"** means game officials, field officials, sideline officials as approved by the VMFL from time to time, including members of the BCFOA or the VIFOA.

l) **"on behalf"** of means in respect of an Association President a vote, communication or submission made by an alternate decision maker acting for that Association president (in his or her absence) as expressly designated in writing delivered to the VMFL by the applicable Association President before the applicable vote is cast or communication or submission is made.

m) **"Person in Authority"** means for the purposes of an infraction of the rules, policies, procedures or other provisions of this Handbook, a member of the VMFL Executive or in the event that an incident requiring immediate action occurs solely at a field or other the facility operated by or on behalf of an Association and involves only persons who are members of that Association then "Person in Authority" may include the president of that Association or a designated officer or member of the board of directors or executive of that Association unless otherwise determined by the VMFL Executive on a case by case basis.

n) **"Respondent"** means a person, Association or other legal entity that is the subject of a complaint, incident report or who is subject to an investigation or potential discipline or sanctions by reason of an alleged violation of the rules, policies, procedures or other provisions of this Handbook for which discipline or sanctions may be imposed

o) **"VIFOA"** means the Vancouver Island Football Officials Association.

p) **"VMFL"** means the Vancouver Mainland Football League

q) **"VMFL Activities"** means activities and events conducted by or through the VMFL as contemplated by this handbook, including but not limited to, competitions, games, practices, training camps, travel associated with VMFL activities, and any meetings or communications by or on behalf of the VMFL.

r) **"VMFL Commissioner"** means the person or persons appointed by the VMFL Executive to serve and perform the duties of commissioner for the VMFL or specified divisions of the VMFL such as but not limited to a 12-Man Division Commissioner and/or a 9-Man Division Commissioner including the distribution of information, notices, reports, rule changes, administration and enforcement of the applicable rules and policies as provided in this handbook, and application of applicable discipline and sanctions in accordance with this handbook and such other duties as may be assigned or designated by the VMFL Executive from time to time. Commissioner also refers to the person who represents the VMFL on the field during spring flag jamborees who is responsible for submission of the scores as well as the above duties.

s) **"VMFL Executive"** means collectively those persons who are from time to time the directors of the VMFL or their duly appointed and authorized alternates, and includes without

limitation the Executive Director, VMFL Secretary, VMFL Head Coach, VMFL Commissioners, VMFL Treasurer, Vice-presidents and others.

t) **"VMFL Head Coach"** means the person or persons appointed by the VMFL Executive to serve and perform the duties of head coach for the VMFL or specified divisions of the VMFL, including communications with coaches on behalf of the VMFL, distribution of information, rule changes, administration and enforcement of the Coaches Code of Conduct, policies and application of applicable discipline and sanctions in accordance with this handbook and such other duties as may be assigned or designated by the VMFL Executive from time to time.

u) **"VMFL Participant"** means all categories of persons who participate in VMFL activities, as well as all individuals employed by or engaged in activities with the VMFL, including but not limited to, Associations, their officers or directors, athletes, coaches, officials, volunteers, directors, officers, team managers, trainers, medical personnel, administrators, spectators, parents of athletes, and employees of the VMFL.

v) **"VMFL Spring Flag Season"** means in any calendar year the time period beginning on 12:01 a.m. of the date on which the first regular season Spring Flag VMFL game is scheduled by the VMFL Executive to be played and ending at 12:01 a.m. on the date immediately after the date on which the last regular season game in the VMFL is played, is deemed to have been played or is forfeited (including such later date as may be determined by the VMFL Executive by reason of the postponement, continuation or suspension of games or otherwise as provided or contemplated by this Handbook.

w) **"VMFL Rules"** means the rules set out in this Handbook as such may be amended or supplemented from time to time pursuant to this Handbook, inclusive of all appendices and schedules.

1.2 INTERPRETATION

a) **Headings and Table of Contents.** The division of this handbook into parts, articles, sections, subsections, paragraphs, subparagraphs, appendices or schedules, the insertion of headings and the provision of any table of contents are for convenience only and shall not affect the construction or interpretation of this Handbook.

b) **Number and Gender.** Unless the context requires otherwise, words importing the singular include the plural and vice versa and words importing gender to include all genders.

c) **Section References, etc.** Unless the context requires otherwise, references in this Handbook to one or more parts, articles, sections, subsections, paragraphs, subparagraphs, appendices or schedules are to parts, articles, sections, paragraphs, subparagraphs, appendices or schedules of this Handbook.

d) All rules associated with game play not covered in this handbook are governed by the Canadian Rule Book for Flag Football. For the purposes of the Spring Flag season, the VMFL shall utilize the previous year's Canadian Rule Book.

e) The intent or interpretation of any rule shall only be decided by the VMFL Executive unless otherwise provided by this Handbook or otherwise determined by Majority Resolution.

f) A VMFL Executive review committee shall be formed to review situations or incidents not covered by the VMFL Handbook or irregularities of which they become aware.

g) In the event of a conflict between this Handbook and the VMFL Fall Football Handbook, the VMFL Fall Football Handbook shall take precedence.

1.3 ASSOCIATE MEMBERSHIP

"Associate Member" means any organized football club registered with VMFL for the purposes of participating in Spring Flag jamborees, Fall Football games, and other events hosted by the league, outside of the fall tackle season. Associate Members may attend VMFL meetings, but are not entitled to vote.

Admission of Associate Members

No entity will be admitted as an Associate Member of the VMFL unless:

a) The candidate member has made an application for membership in a manner prescribed by the League;
b) The candidate member has been approved by majority resolution;
c) If, at the time of applying for membership the candidate member is currently a Member, the candidate Member is a Member in good standing;
d) If the candidate member was at any time previously a Member, the candidate member was a Member in good standing at the time of ceasing to be a Member;
e) The candidate member has paid dues as prescribed by the League;
f) The candidate member is a registered association and has a constitution and a board as per the rules of the BC not for profit guidelines;
g) Each Associate Membership is valid for one year and each Association must re-apply at the VMFL AGM;
h) Any club who applies for an Associate Membership and is accepted by the VMFL Presidents at the AGM but does not declare a team by the specified declaration date for the season will cease to be an Associate Member.

2 CONDUCT OF THE GAME

2.1 RULES AND COSTS

a) Except to the extent modified or replaced by the provisions of this handbook, Football Canada's "The Canadian Rule Book for Flag Football" will apply to the conduct of the games in the VMFL, as appropriate.
b) To spread the cost of hosting spring flag jamborees across all participating clubs instead of just the host clubs covering each year.

i) The average was based off the cost of fields, tape, paint first aid and additional washrooms. Any additional items the host clubs incur will be at their own cost. Each year's price will be set based on the previous year's numbers and costs so this amount would be fluid and move each year. The price would be announced by the VMFL executive at the September presidents meeting each year so clubs can set pricing for the following spring season in time.

ii) Price split would be per player based on previous years number of total players registered divided by total cost. Creating a per player fee. This is so all clubs are paying based on how much they are actually using based on the number of players registered and smaller clubs are not hurt financially because they don't register the same amount as bigger clubs.

iii) Clubs will be invoiced after the 4th week of play in the spring season.

2.2 PRE-GAME

a) **Providing copies of rosters**: Official rosters must be submitted to the VMFL secretary one week prior to the first jamboree. Rosters must include: first name, last name, jersey number and year of birth. Before the start of each jamboree each participating team must ensure they carry a copy of their Official Team roster. Rosters must include up to a maximum of 3 coaches and 1 manager, who will be eligible to be on the field; however, a maximum of 2 coaching personnel can be on the sidelines during a game.

2.3 THE FIELD AND FACILITIES

b) Playing fields shall be marked as required under the rules set out in Football Canada's *"The Canadian Rule Book for Flag Football",* unless otherwise approved by the VMFL Executive. The field shall be 25 yards wide by 55-60 yards long with 40 yards of field play. End zones are between 7-10 yards.

c) Team benches shall be on the same side of the field.

d) Spectators are to be in designated areas only.

2.4 PERSONS PERMITTED IN THE GAME PLAY AREA

Only game participants and authorized personnel are permitted in the game play area. This includes players, coaching staff, officials, the game commissioner, association presidents, VMFL Executive and Football BC Executive. All persons in the game field must act in a sportsmanlike and respectful manner towards all participants in the game.

2.5 THE BALL

a) The game is played with the VMFL approved game ball.

b) For youth leagues / recreational play it is recommended that appropriately sized footballs are used for both male and female players to accommodate the players abilities (see examples below).

- Nike JR Peewee – U8 + U10
- Nike Vapor One Junior Size + Nike JR Peewee (all female only division) – U12
- Nike Vapor One Youth Size +Nike Vapor One Junior Size (all female only division) – U14 + U16
- Nike Vapor One Official Size + Nike Vapor One Youth Size (all female only division) – U18/U19

c) Each team must supply their own game ball according to the CARBTF Flag rule book or an

equivalent size if a different brand. If in doubt please confirm sizing with a game commissioner or VMFL executive prior to the start of the game.

d) All footballs used in the game will be controlled by the teams.

2.6 UNIFORMS AND EQUIPMENT

a) Mouth guards are mandatory for all players on the field of play. The Officials will monitor to make sure that each player has the proper mouth guard. If a player does not have a proper mouth guard, the Officials may determine that the player concerned cannot play in the game until that player is equipped with a proper mouth guard.

b) The jersey must have a solid Colour number on the back and have the association name or logo clearly visible. Each association is responsible for 2 differently coloured jerseys.

c) No team shall wear uniforms that blend closely with the opposing team. The visiting team shall change to an alternate Color.

d) No Exposed hoods or hoodies on players in game

e) No Sunglasses unless prescription and must be tethered to the player.

2.7 THE GAME

a) Refer to the CARBTF Flag rule book that is published as current by the first Jamboree of the season.

b) Timing of the Game is 25 minutes with a 3 minute warning. Timing to be done universally by VMFL Executive for all fields.

c) No time outs

d) No Diving for flags

e) U8 has 4 downs

f) U8 and U10s have no, no run zone

g) No Coaches on the field of play with the exception of U8 and U10. U8 can have coaches on the field the entire season. U10s can have coaches on the field until and including week 3.

h) Players can only play in their own age group. No players or teams can play outside their age division regardless of gender as per football Canada.

i) VMFL uses Poplar flags with 14” exposed flags in contrasting colours to shorts.

2.8 POST-GAME

a) **Score submission** – the referee will report the game score to the commissioner and will be verified by each coach by an initial. If a score is not initialed by a coach, the coach forfeits their right to challenge a score with the scorekeeper.

b) **Game Scores**. All game scores shall be entered by the official scorekeeper at each jamboree. If a coach disagrees with a score that has been entered, they can ask for the score to be reviewed. All hard copies of the commissioners’ reports and score sheets will be kept until the end of the season.

2.9 DAMAGE AT PARKS

i. Any damage done by any team to the facilities (including but not limited to fields, facilities, dressing rooms, or equipment) of another Association may form the basis of an

incident report submitted to the Executive Director. Upon receipt of such an incident report, the Executive Director may cause an investigation to be undertaken and the result of which investigation may, if appropriate, include an order that the Association whose team caused the damage must pay or reimburse the other Association for all damages, costs and expenses incurred to remedy the damage caused. Further disciplinary action relating to the persons causing the damage or otherwise responsible may also be imposed as a result of the investigation.

ii. The home Association must notify the local Parks and Recreation department (as required by applicable local requirements) regarding any damage caused.

3 FIELD PERSONNEL

3.1 ROSTER SIZE

The minimum roster size for a team is 5 *per Football Canada's "The Canadian Rule Book for Flag Football" and particularly applicable rules for 5v5 Flag Football: Teams need a minimum of 4 players to be able to compete and a maximum of five (5) players on the field at any given time.*

The maximum roster per team is 14.

3.2 GAME COMMISSIONER

The Game Commissioner shall be responsible for the following:

a) Collection of game day scores;
b) Ensuring that each field has enough officials (ideal is 2 per field);
c) Ensuring spectators are in the designated areas;
d) Overseeing conduct on the field for all players, coaches and officials and ensuring that all conduct is appropriate;
e) Requesting first aid support as needed;
f) Recording official attendance so that they can receive credit for the games.
g) VMFL is to pay VMFL Spring Flag Commissioners who commission a full day of 7.5 hours a stipend of $160 per day

4 PLAYER ROSTERS AND ELIGIBILITY

4.1 ROSTERS

a) All players for each team declared by an Association must be registered by first name, last name, jersey number and year of birth on the official roster sheet.

Division	Age Range	Minimum Number on Roster	Maximum Number on Roster
U8	**Ages 5 - 7**	**5**	**14**
U10	**Ages 8 - 9**	**5**	**14**
U12	**Ages 10 - 11**	**5**	**14**
U14	**Ages 12 – 13**	**5**	**14**
U16	**Ages 14 – 15**	**5**	**14**
U19	**Ages 16 – 18**	**5**	**14**

All division exceptions must be approved by the VMFL executive prior to roster submission.

a) Teams can play with 4 players and the opposing team has the choice to play with 4 or 5 players. If a team does not have a minimum of 4 players dressed the game will be not be played and is considered a forfeit.

4.2 VMFL ROSTER VERIFICATION RULES

a) **Player Roster Verification** All players on the official roster sheet of a team must be verified after proof of date of birth has been provided and found to comply with division age regulations. Documents that can be used to provide proof of date of birth for roster verification purposes are: original Birth certificates, passports, B.C. Driver's Licenses, Citizenship papers, official court Orders, certification of birth certificates (with file number), baptismal certificates and Care Cards that show birth date. There can be no exceptions to this rule by VMFL Executive unless approved by Majority Resolution.

b) **Coach Verification** All coaches must be listed on the official Coaches' Code of Conduct form submitted to the VMFL. Coaches must sign the code of conduct and a current Criminal Record Check (in accordance with their individual club policy.) Coaches must also meet the certification and training requirements outlined in the Coaches Certification Requirements table (Section 5.5) in this handbook. Confirmation of certification must be provided upon request of the VMFL Executive.

c) **Who can verify** Any VMFL Executive who is not also a member of your Association or any other

Association President. Verification of rosters is not to be done by members of their own Associations. THERE SHALL BE NO EXCEPTIONS TO THIS RULE, including Game Commissioners and Registrars, unless expressly approved by Majority Resolution.

d) **Removing players from roster** If a player is no longer on the team, the name shall be removed. Any name that is removed from an Official Roster is off for the season. Association Registrars must keep a record of withdrawn players to prevent them from re-registering later in the season. See 4.4

4.3 PLAYING OF INELIGIBLE PLAYERS

Playing of ineligible players will result in the forfeiture of the game in which the ineligible player participated (including any player on a roster who is not otherwise listed as not playing in the game due to absence, injury, discipline, or illness). Any Association that fails to comply with this rule will be dealt with by a special committee, appointed by the Executive Director and may be subject to sanctions, including but not limited to fines or other penalties. Recommendations of this committee will be final, and there will be NO appeal.

4.4 PLAYER MOVEMENT AND RELEASE

The following rules apply to any player (or his or her parent as applicable) who fails to return equipment in good condition or pay money due to his or her Association and is designated “not in good standing” no later than four (4) weeks after the VMFL Spring Flag or Fall Tackle seasons. A player's name cannot appear on the verified rosters of two different Associations.

4.5 NOT ELIGIBLE UNLESS ON A ROSTER

A player is not eligible to participate in a game on behalf of a team unless and until that player is duly listed on the team's Official Roster and is verified in accordance with the above VMFL roster verification rules.

4.6 RULES AGAINST RECRUITMENT

For the purposes of this rule, "recruit" —means to engage, directly or indirectly, in finding, soliciting, enticing, encouraging, or attracting athletes to move from one Association to play for another Association.

a) No player is to receive any type of payment to play in the VMFL.

b) No player will be reimbursed for any expenses they incur to attend practices or games that are not offered to the entire team unless approved by the VMFL.

5 COACHES AND TEAM STAFF

5.1 CODE OF CONDUCT

All coaches, team managers, and trainers (team medical personnel) must sign the Coaches' Code of Conduct ("CCOC") in the form as set out in Appendix A to this Handbook.

5.2 SUBMIT CCOC to VMFL

Each Association will complete and submit in writing to the VMFL Secretary with a copy provided in writing to the VMFL Coaches Coordinator by April 1st of the playing year a listing of their coaches and submit fully signed CCOC forms including all the necessary information. Failure by an Association to do so will result in a $250.00 fine per team to that Association.

5.3 CCOC CHANGES

Periodic updates, changes, or additions to the persons who have signed the CCOC may be submitted in writing to the VMFL Secretary but changes must be submitted by Thursday in any week in order for any new coaches or staff to be eligible to participate on game day.

5.4 COACHES TRAINING

a) At all levels of flag, VMFL coaches must achieve minimum coaching standards in order to ensure that all participants receive the safest and highest quality of coaching possible.

b) No coach in the VMFL shall be permitted to actively coach unless they meet minimum standards of training.

c) Teams or Associations failing to comply with the requirements of minimum coaching training will not be sanctioned by the VMFL.

d) In order for teams and Associations to continue to qualify for liability insurance, as coordinated by the Football BC, they must adhere to the above policies.

e) At least one coach from each team must attend the mandatory coaches' meeting.

5.5 STANDARDS

Certification / Requirement	Coach	Junior Coach 16-18	Manager
Criminal Record Check	✔	*	✔
Novice	✔	✔	
Making Ethical Decisions	✔	✔	✔
Safe Sport	✔	✔	✔
Understanding the Rule of Two	✔	✔	✔
Making Headway in Sport (Football)	✔	✔	✔

Depending on municipal or facility requirements, Junior Coaches may be required to obtain a Criminal Record Check (CRC), even if they are under 18 years of age

*** Note: Additional or other levels of training may be required from time to time based on requirements of Football Canada, Football BC as applicable, and all levels of training are subject to change as may be required in order to meet the applicable requirements of these bodies at the respective age levels and divisions.*

6 FORFEITED GAMES

6.1 SCORING IN A FORFEITED GAME

The winning team will be assigned a score of 10 and the forfeiting team will be assigned a score of 0 (zero).

6.2 MINIMUM NUMBER OF DRESSED PLAYERS

If the minimum number of dressed players is not met it will be noted on the commissioners' report. If both teams have 4 players and the coaches agree, the game can be played as normal. If a team has 4 players and the other team has 5 players, the team with 5 players has the choice to play with either 4 or 5 players and the game can be played as normal. This rule is intended to allow teams to possibly participate in scheduled games when unforeseen events prevent them from fielding the minimum number of players from their verified rosters. It is not intended to allow teams to repeatedly participate

without meeting the minimum requirements for number of players on the verified roster or number of active players.

7 SCORING AND STANDINGS

7.1 LEAGUE SCORING AND STANDINGS

a) The winning team of each game during the jamborees are recorded as a win. If 2 teams play to a tie score at the conclusion of a game, there will be no overtime and each of the 2 teams in that game will be marked for a tie, with the score recorded.

b) When a game is forfeited in league play, the team that forfeits the game (the "forfeiting team") will be deemed to have lost the game and the team to which the game was forfeited (the "non-forfeiting team") will be deemed to have won the game and will receive a score of 10-0.

c) Final standings of the VMFL Jamborees will be determined as follows:

i. If two teams are tied, the placement is resolved by the following principles:

(1) Record versus each other (winning team placed ahead, or if equal wins-losses head to head then team with better points for/against in head to head games is placed ahead);

(2) Combined winning % of opponents (not including games against them) The team whose opponents have the higher combined winning % will be placed ahead;

(3) Points for/against - Maximum of +10 per game. The team with the highest positive point differential (maximum of +10 per game) will be placed ahead;

(4) Total points against. Team with fewest points against, places ahead.

ii. If three or more teams are tied:

(1) Record versus each other:

a. Cannot finish ahead of team that beat you;

b. Winning teams of tied group get placed on top first;

c. Lower teams can pass other teams if better winning % but must start at bottom and move up one step at a time never passing the team to which you lost;

d. If Paradox occurs then use combined winning % of opponents;

(2) Points for/against - maximum of +10 per game;

(3) Total points against. Team with fewest points against, places ahead.

8 GENERAL CONDUCT

8.1 CONDUCT

Any player, coach, manager, trainer, Association member or volunteer who strikes a game official or VMFL Executive or Association member before, during or after a game on or near the game field, shall be suspended for the remainder of the season, all playoff games and championship games. For a second offense of the above, the suspension will be five years. This rule is not intended to apply to contact by or between players in the ordinary course of game action where such conduct is governed

by CRBFF (Canadian Rule Book for Flag Football) and is otherwise within the jurisdiction of the game officials. However, all player misconduct is subject to further review and possible further sanctions by the VMFL Commissioner pursuant to this Handbook.

8.2 COURTESY TREATMENT

All game officials, game commissioners, and VMFL Executive must be treated with courtesy at all times during the entire season by all players, coaches, managers, and Association presidents. Any infraction or violation of this rule will be reported to the Executive Director for possible further action (including an investigation and imposition of sanctions if appropriate).

8.3 LANGUAGE

The use of profane, obscene, insulting language or gestures to an opponent, official, or spectator by any player, or member of team staff or occupant of the team bench is prohibited. Any violation to this rule will result in ejection from the game.

8.4 FIGHTING

Any players fighting before, during or after a game within the boundary of the park will result in an automatic review and possible further discipline and sanctions by the VMFL Commissioner (or at the option of the VMFL Executive by a panel appointed by the VMFL Executive) in addition to any ejection imposed pursuant to the CRBFF for incidents occurring within the jurisdiction of the game officials.

8.5 SMOKING

No player, coach or member of team staff (such as but not limited to trainers or managers) shall smoke and/or use smokeless tobacco or illegal drugs or narcotics, nor consume alcohol at any time on or near the game field, including benches, or in a manner or location that is clearly visible to participants at the field. For the purposes of this rule, the term “smoke” includes smoking or using any device (including electronic cigarettes) or article to simulate the act of smoking tobacco or any tobacco-like substance by way of a cigarette, cigar, pipe or any device or article.

8.6 UNSPORTSMANLIKE OR OBJECTIONABLE CONDUCT

Players, coaches, and any other team staff (such as but not limited to trainers or managers) participating in VMFL jamborees who are ejected at any time during the game or display unsportsmanlike or objectionable conduct or other related incidents, will be ineligible for further games that year in the Province if the team is representing the VMFL. Further discipline may be added to the player, coach, team staff member (such as but not limited to trainers or managers) or the team as a whole in the following year if deemed appropriate by the VMFL Executive.

8.7 JOINING AN ALTERCATION

Any member of a team bench (such as but not limited to players, coaches, trainers or managers) who leaves the team area to join in an altercation (whether on-field or off-field) will be ejected from the game and will be suspended for the remainder of the jamboree If the suspension is in the final game

of that team's session, the suspension will be applied to the following jamboree. Further discipline may be applied if deemed appropriate by the VMFL Executive.

8.8 EJECTION FOLLOW UP

Where any player, coach or member of team staff (such as but not limited to trainers or managers) has been ejected from a game, each Association involved in the game has 48 hours from the end of the game to submit game film regarding the incident(s) to the VMFL Commissioner.

9 EJECTIONS AND DISQUALIFICATIONS

9.1 EJECTION SUSPENSIONS

Any player or coach ejected from the game will be suspended for the remainder of the jamboree. If the suspension is in the final game of that team's session, the suspension will be applied to the following jamboree. This includes any coach, players, or staff member who at the conclusion of the game commits an act that would have drawn an ejection during the game. Further discipline may be applied if deemed appropriate by the VMFL Executive.

9.2 PLAYER EJECTION

Any player ejection implemented by game officials, the Game Commissioner or member of the VMFL Executive before, during or after a game at the game park will be reviewed by the VMFL Commissioner (or at the option of the VMFL Executive by a panel appointed by the VMFL Executive) and may result in further discipline pursuant to this handbook.

9.3 COACH or TEAM PERSONNEL EJECTION

Any ejection of any coach, trainer, manager or other team personnel implemented by game officials, the Game Commissioner or a member of the VMFL Executive before, during or after a game at the game park will be reviewed by the VMFL Coaches Coordinator (or at the option of the VMFL Executive by a panel appointed by the VMFL Executive) and may result in further discipline pursuant to this handbook.

9.4 MISCONDUCT

On the ejection or disqualification of a player, coach or team personnel (such as but not limited to a trainer or manager) for misconduct, the head official shall inform the game commissioner of the disqualification. The head official and game commissioner will approach each team concerned and have each player, coach or the team staff member escorted from the playing field by a responsible team staff member. The responsible team staff member shall remain with the ejected or disqualified player or team staff member until the game is over or in the case of a player in the care of a responsible adult person. The game shall not resume until the player, coach or team staff member has been removed from the playing area (including team bench area).

9.5 DISQUALIFIED PLAYERS MAY NOT BE ON THE FIELD

Any disqualified player, coach or team staff member may not appear at or near the team bench during the period of his or her disqualification (including period of a suspension). Coaches shall not attempt to coach or interfere in any way from any position within the game park. Any violation of this rule may result in further suspension or possible game forfeit as determined by the Executive Director.

9.6 SUSPENSION NOTIFICATION

The VMFL Executive will provide written notice to the Association whose player has been suspended or otherwise disciplined. It is the responsibility of each Association to inform each of its offending players, coaches, team staff personnel or other members of suspensions or other discipline and to carry out and enforce any suspension or other disciplinary action. If any member of a team bench (such as but not limited to players, coaches, trainers or managers) participates in a game during a suspension period, that team member may be further disciplined.

10 TEAM DECLARATIONS AND SCHEDULING

10.1 TEAM DECLARATIONS

Each Association must in each VMFL Season declare in writing delivered to the VMFL Secretary by the date specified by the Spring Flag Coordinator, Secretary or other VMFL Executive designate, a list of the teams (by name and division) that the Association wishes to enter for VMFL scheduling.

10.2 FOOTBALL INSURANCE FEES

Prior to the VMFL yearly scheduling, all VMFL Associations will have their football insurance fees paid in full to Football BC and all other VMFL fees, dues or fines shall be paid in full or that Association will not be scheduled to play games for that VMFL Season.

COACHES CODE OF CONDUCT

PURPOSE

1) The purpose of this Coaches Code of Conduct is to ensure a safe and positive environment within VMFL by making all Coaches, (including Head Coaches, Assistant Coaches and Associate Coaches) aware that there is an expectation of appropriate behavior at all times.

2) Conduct that violates this Coaches Code of Conduct may result in the removal or suspension of the Coach.

APPLICATION OF THIS POLICY

1) This Coaches Code of Conduct applies to all Coaches relating to conduct that may arise during the course of VMFL business, activities and events, including but not limited to, office

environment, competitions, practices, games, tournaments, training camps, travel, and any meetings.

2) This policy applies to conduct that may occur outside of VMFL business and events when such conduct adversely affects relationships within the VMFL and its work and sport environment and is detrimental to the image and reputation of the VMFL.

RESPONSIBILITIES

1) All Coaches will comply with the following:

a) Maintain and enhance the dignity and self-esteem of VMFL Members and other individuals by:

b) Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, Colour, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, religious belief, political belief, disability or economic status.

i. Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory.

ii. Consistently treating individuals fairly and reasonably.

c) Refrain from any behavior that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading or malicious. Types of behavior that constitute harassment include, but are not limited to:

i. Written or verbal abuse, threats or outbursts.

ii. The display of visual material which is offensive or which one ought to know is offensive.

. Unwelcome remarks, jokes, comments, innuendos or taunts.

i. Leering or other suggestive or obscene gestures.

ii. Condescending or patronizing behavior which is intended to undermine self-esteem, diminish performance or adversely affect working conditions.

iii. Practical jokes which cause awkwardness or embarrassment, endanger a person's safety or negatively affect performance.

iv. Any form of hazing.

v. Unwanted physical contact including touching, petting, pinching or kissing.

vi. Unwelcome sexual flirtations, advances, requests or invitations.

x. Physical or sexual assault.

xi. Behaviors such as those described above that are not directed towards individuals or groups but have the same effect of creating a negative or hostile environment.

. Retaliation or threats of retaliation against an individual who reports harassment.

d) Refrain from any behavior that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behavior that constitute sexual harassment include, but are not limited to:

i. Sexist jokes.

ii. Display of sexually offensive material.

iii. Sexually degrading words used to describe a person.

iv. Inquiries or comments about a person's sex life.

v. Unwelcome sexual flirtations, advances or propositions.

vi. Persistent unwanted contact.

vii. Sexual assault.

e) Creating an atmosphere of good sportsmanship and respect for the players to develop within.
f) Giving all players the opportunity to improve their skills, gain confidence and develop self-esteem.
g) Coaches must abide by the rules and policies as set out in the VMFL handbook.
h) Coaches are to familiarize themselves with the rules, techniques and strategies of football. In addition, they should strive to be a positive role model for the players.
i) Never openly criticize players, coaches, parents, officials or association members. Coaches must reserve constructive criticism for private meetings arranged with appropriate party(s).
j) Agree to follow directives issued by the Association and VMFL Executive Board and/or Coaches Committee whether written or verbal.
k) Use of tobacco products, drugs or alcoholic beverages is prohibited on game or practice fields or near or around players of the team.
l) In the case of adults, avoid consuming alcohol in situations where minors are present, and take reasonable steps to manage the responsible consumption of alcoholic beverages in adult-oriented social situations associated with VMFL events.
m) Coaches will not allow an ineligible or injured player to participate in practices or games.
n) Coaches agree to inform the association president or Coaches Committee of any challenges with a player or parent immediately as the incident arises.

o) The use of profanity or abusive language toward a player, official, parent, volunteer, or spectator is prohibited at all times.
p) Coaches will abide by home association and park rules when playing opposing teams at visiting parks.
q) Coaches are to check and ensure all players are fit and properly equipped before allowing them to participate in a practice or game.
r) Coaches will read and acknowledge the responsibilities as stated in the VMFL Policy Manual attached to this document.
s) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities.
t) Respect the property of others and not willfully cause damage.
u) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods.
v) Comply at all times with the Constitution, Bylaws, policies, rules and regulations of the VMFL, as adopted and amended from time to time.
w) Adhere to all Federal, Provincial, or Municipal laws.

ADDITIONAL COACH RESPONSIBILITIES

1) The principle of respect for all participants challenges coaches to act in a manner respectful of the dignity of all participants in Football. Fundamental to this principal is the basic assumption that each person has value and is worthy of respect.

2) In addition to paragraph 5 above, Coaches have additional responsibilities. The athlete-coach relationship is a privileged one and plays a critical role in the personal as well as athletic development of their athletes. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches will at all times:

   a) Be aware of significant pressure in a players' life, e.g. school, family, and financial pressure, and coach in a manner that fosters positive life experiences.

   b) Be acutely aware of the power in coaching relationships and, therefore, avoid intimacy with players, both during coaching and during that period following coaching when imbalance in power could jeopardize effective decision-making.

   c) At no time engage in an intimate or sexual relationship with an athlete of under the age of 18 years.

   d) Abstain from and refuse to tolerate in others all forms of harassment and loss of self-esteem.

   e) Act toward players, other coaches, parents and officials in a manner characterized by

courtesy, good faith and respect.

a) Recognize and address harmful personal practices of others in football, e.g. drugs and alcohol, physical and mental abuse, and misuse of power.

a) Strive to be fully present, physically and mentally, in the performance of coaching duties.

b) Ensure players train and perform in suitable and safe settings.

c) Act in the best interest of the player development as a whole person.

d) Be honest, sincere and honorable in all relationships with players, parents, officials and other coaches.

e) No use of Tobacco products around the team or field.

f) Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability and fitness level of athletes, including educating athletes as to their responsibilities in contributing to a safe environment;

g) Prepare athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm athletes.

h) Avoid compromising the present and future health of athletes by communicating and cooperating with sport medicine professionals in the diagnosis, treatment and management of athletes' medical and psychological problems.

APPENDIX A

Submission Requirements: All Codes of Conduct must be typed and submitted in a legible electronic format. Handwritten Codes of Conduct will not be accepted. The name and NCCP# written on the Code of Conduct must match the current version published on thelocker.ca. Modified, altered, or outdated versions will not be accepted.

Association: _____ Team Name: _____

Division: _____ President: _____

Head Coach: _____ HC Email: _____

HC Signature: _____ HC NCCP#: _____

All Team Staff must complete and sign the following form:

Name (First & Last Printed)	**Position (HC/AC/M/Jr, ETC) NCCP #**	**Signed**	**Date**

All Coaching COC's are to be submitted for Fall: Thursday prior to first season game as per Handbook 8.2

All Coaching COC's are to be submitted for Spring: April 1st as per Handbook 5.2

Any changes are to be submitted by the Thursday before the weekend game as per Handbook 8.3