



FPF ROSTER AND ADMINISTRATIVE RULES

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FlagPlus Football has an array of roster-specific and administrative rules and regulations to consider when running a team in the league. It is required that all captains read and understand this document. This document is intended to be as exhaustive as possible, but cannot fill every possible loophole, or answer every ambiguity- each season, FPF will add new points, or more detail to existing points to eliminate anything even remotely vague. Note that in the case of any uncertainty regarding a specific issue that is either not specifically discussed, or not detailed enough in this document, the FPF Administration team will have the ability to decree as it sees fit.

This document is intended to cover administrative rulings, specifically with regards to roster-related issues. For all on-field rules, we direct you to the Official FPF Rule Book.

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1. GENERAL ROSTER RULES

- a. A player is only an official member of a roster once he/she has played a minimum of one game with the team. If the player is listed on a team roster by its captain, but has yet to receive credit for a game, he/she is not officially part of the active roster and thus does not need a release to leave the team.
- b. There is no pre-set maximum number of players permitted on a roster. A team can add new players to its roster at any point before or during the regular season. They can do so by either adding the player to the gameday roster with the scorekeeper (at the field), or by emailing FPF in advance of the game.
- c. FlagPlus Football places a maximum number of teams a player can play on per season. In the Winter and Spring seasons: this maximum number is THREE TEAMS. This maximum only takes men's numbered divisions into account (e.g. Div 1, Div 3, Div A, Div C, etc). A player can play in any auxiliary division (e.g. Co-Ed, 35+) without it affecting their three-team maximum. The three-team maximum only factors the rosters a player is ACTICVELY on. A player can request to be released from a team, and once the release is granted, that team no longer counts towards the player's total number of teams. (Read more on player releases in section 2).

During the FPF Cup season, a player is limited to only ONE TEAM per season.

- d. A player is forbidden to be active on two teams in the same division at any point throughout a season. Please note that divisions which are split post-registration period (e.g. Div 5A and Div 5B; Div D-1 and Div D-2) are treated as one division with regards to this rule, and as a result a player cannot play on teams in the two separate tiers.

2. PLAYER RELEASES

- a. A player may request to be RELEASED from a team during the season. The true purpose behind the implementation of the player release rule was to allow a player who had signed on to play with a given team, and then, due to some unforeseen reasons, no longer wishes to play with that team. The player release allows the player to A. join another team in the same division, and/or B. to avoid having the former team limit his/her opportunity to join another team [due to the maximum number of teams rule]. The player being released, AND the captain of the releasing team must both communicate the request with the league). The consent of the releasing captain is required to avoid situations where players leave teams without settling their financial commitments to the captain.

- b. The release must be submitted to and approved by the league to be validated and officialised. The current week of the season must come to an end before a release is considered valid. (As an example: during week 3 of the season, a player plays with Team A on Saturday and is already on three teams, he then asks for a release, so he can play with a new team, Team B, on Sunday. The release is only official at the end of week 3 and not before- even if there are games still to be played later in the week, he has to wait until week 4 to join the new team.)
- c. Following a release, a player's games played will no longer count towards his accumulated total with the former team, and they cannot be transferred over towards another team.
- d. An individual can only be released once in a season. As a result, a player cannot receive a release from TEAM A, play for team B, receive a release from team B, and return to TEAM A; that would require two releases, which is not permitted. If a player is released from a team, he/she is no longer is considered on the active roster of said team, however will still appear on the team's roster list. His/her jersey number will then appear as 'R'. To view all releases in a current season, visit 'RELEASES' under 'RESOURCES" on the main menu.
- e. Once a player has participated in the team's seventh scheduled game of the regular season, or later, he/she is no longer eligible for a release from that particular team. In an eight-game season, it would be changed to the team's fifth game of the season, inclusively.
- f. Retroactive releases are possible, meaning a player can ask for a release up until the last week of the season, so long as rule 2.e is respected. As an example, if a player last played for a team in week 4, and then asks to be released in week 9, FPF can grant a retroactive release and allow the player to play for another team in week 10.

3. GAME PLAYED/ ATTENDANCE

- a. What constitutes a game played?
A player receives credit for a 'GAME PLAYED' (GP) by participating and being included on the game roster submitted to the scorekeeper prior to the game by the team captain, wearing an appropriate jersey and number, and having his/her player ratings count against the team total. The player does not have to be on the field for any minimum number of plays, nor record a minimum number of statistics to receive credit.

The 'GP' is an important point of contention because participation in a minimum number of games is required to participate in the playoffs (Winter/Spring) or Knockout Round (FPF Cup).

b. Eligibility without participating

FPF will make certain exceptions, and give a player credit for a Game Played without being in uniform, and WITHOUT counting against the cap, under the following circumstances:

A player will receive credit for a Game Played by attending the game. The player's name should be clearly listed on the roster sheet but labelled as DNP (did not play). It is imperative to clearly label the 'DNP' so that the player's rating is not included in the team's total for that game. It is required for the player to check-in with the scorekeeper (*must take place immediately before or during the actual game*) to confirm attendance (especially if not in uniform). *It is not the scorekeeper's responsibility to find the player on the bench or in the stands, the player must check in with the scorekeeper.*

c. Late Arrivals

A player can arrive late for any game, and may join a game at any point, so long as he/she is already on the roster and has at least one prior game played. If the player is late for the week 1 game, they will be permitted to take the field, since there was no prior game on the schedule.

A new player who has yet to play a game for a specific team, can be added right before the game; however, once the game has begun, he/she cannot be added to the roster, nor join in. This is done to avoid having a team pull a player from another field once the game has started.

d. Eligibility without being present

With a Doctor's note (from a Medical Doctor only, notes from Physiotherapists or Athletic Therapists are not applicable), clearly stating that an individual was not permitted to engage in physical activity (i.e play flag football) due to an injury or illness during a specific timeline that covers missed games affecting eligibility, the player will be granted Playoff eligibility.

During a scheduling conflict, where a player has two FPF games at the exact same time, or two games with start times one hour apart at different facilities. (a start time of two hours apart, at different facilities will not be considered a conflict), we will grant the player a game played for both of his teams considering he cannot be at two places at the same time. Please note that to receive a 'game played' during an FPF conflict, the player must have already played a minimum of one game with the team he/she is

receiving credit for. Backdating conflicts prior to a player playing his/her first game with a team is not applicable.

Note that if a player is on multiple rosters prior to the season, FPF guarantees no conflicts in their schedule. This only applies to players who've joined a team after the release of the schedule.

- e. **Deadline to contest a missing game played**
In the event of a player participating in, or attending a game, but accidentally not receiving credit for it: A team has a maximum of 7 DAYS to contest any inconsistency regarding a missing GAME PLAYED credit for a player. Once 7 days have passed, FPF will not revisit any issue of this nature. FPF encourages captains to double check the game report immediately following all games as quickly as possible and communicate any issue to us.
- f. **Uniform Issue GP/Stat holdback [covered again under Uniform Rules]**
If a player does not have a proper number on the back of their jersey, and thus is in violation of the FPF Uniform policy, the player will not receive a GAME PLAYED for the game in which the violation took place. Previously, the player would not receive his/her statistics; FPF now will also hold back the game played.

Please note that FPF is strict with its uniform policy. It is important that a player wear a number and be able to be identified always, both for statistical and disciplinary reasons. FPF will never refuse a player from participating in a game for a uniform violation, however it will strictly punish the player administratively by not awarding the GP.

- g. **Playing in two games at once**
A player does not have the ability to play in two games at once. Should the player have a scheduling conflict and have two games scheduled side by side, the player is not permitted to interchange between both fields. The player is limited to the game in which he/she started.

4. PLAYOFF ELIGIBILITY

- a. **Justification for Minimum number of games**
As most leagues do, FPF places a minimum number of regular season games needing to be played to consider a participant as playoff eligible for a certain team. To maintain the integrity of the regular season, we oblige teams to have their players attend a significant portion of the games prior to the postseason.

b. Specifics per season

In a ten-game season, the minimum number of games played is 5 (both Winter and Spring). In an eight-game season, the minimum number of games played is 4. In the FPF Cup tournament, a player has to have played a minimum of 4 Preliminary + Qualification Round games to be eligible to play in the Knockout Round.

A player not having met the minimum number of games played can still be granted eligibility by presenting a valid Doctor's note as discussed in 3.d above.

5. FORFEITS

As of Spring 2018, there are two different categories of forfeits; each resulting in a different final score:

Category 1 - No-Show Forfeit

The default score of any Category 1 forfeited game is 60-0.

A team does not have enough players to play and declares forfeit.

Before declaring forfeit, FlagPlus Football urges captains to contact a league administrator and ask for assistance recruiting enough players to allow a game to take place. Captains are reminded that everyone pays to play in FPF and taking a game away from an opposing team is not encouraged and very much frowned upon.

In these extreme circumstances, if all possible options have been explored and are unsuccessful, FPF expects the team captain to officially notify a league administrator at least two hours prior to the scheduled start time of the game so FPF can, in turn, notify the opposing team before they leave home. Once the opposing team is notified by FPF, the forfeit is official; the opponents will not be required to show up to the field to receive the "win". Should the forfeiting team then want to rescind its forfeit declaration due to a last-minute change of fate, the opposing team will have the opportunity to refuse and still accept the win by forfeit.

In a category 1 forfeit, every single player on the winning team's active roster will receive credit for a game played. Under no circumstance can a player on the forfeiting team be granted credit for a game played (even if the player was physically present at the field).

As of Spring 2018, all Captains whose team declares a Category 1 forfeit will subsequently be required to submit a \$100 administrative deposit to FPF. The next time the same captain's team has a Category 1 forfeit (carries forward to future seasons) the \$100 administrative deposit will be handed over to the opposing team. The captain can ask for his/her deposit back at the end of any season, should they no longer want to captain a team going forward.

Final week of the Regular Season specification– Category 1 Forfeit

Please note that as of Spring 2018- any team who loses via a Category 1 Forfeit in their final game of the regular season, will automatically be eliminated from the playoffs. This is done to avoid the rare occurrences of teams opting to “sit out” their last game of the regular season because it is scheduled in an inconvenient timeslot and doesn’t affect seeding for the playoffs.

Category 2 - Administrative Forfeit

The default score of any Category 1 forfeited game is 30-0.

Multiple rule violations can result in a forfeited game:

- a) A team’s total cap for a given game exceeds the maximum cap for their respective division by 0.1 points or more (offence OR defense)
- b) A suspended player participates in a game during his suspension.
- c) If a team is caught purposefully using a player under a false name (either to earn an extra game played for the missing player, or to avoid the cap hit of the falsely identified player.)
- d) A team is reduced to four or less players at any point in a game, due to a GAME EJECTION (not an injury or five-plays off major penalty). Note that a player receiving a second five-plays off major penalty is automatically ejected and would count as a GAME EJECTION.
- e) A team fails to field the minimum requirement of 5 players at the start of the game but are at least 3 players present. The opposing team is granted 6 additional points every 5 minutes (starting at the start of the game), until halftime is reached- and the game ends with a score of 30-0. [the opposing team is required to stay until halftime].

6. PLAYER RATING SYSTEM

a. Introduction

FlagPlus Football uses a rating system where each single participant carries a separate offensive and defensive rating between 50 and 100. Some players will also have a third rating- specifically for the QB position (reserved for players who plan to both throw and catch passes). Every active player carries a numerical rating based on the statistics he/she has accumulated over a combination of the most recent season and all other previous seasons blended together. Our automated program’s algorithm factors in a blend of accumulated statistics (all with specific weights attributed), in addition to the division in which they were compiled, team WIN/LOSS, team POINTS ALLOWED, and the number of games played to reach these totals.

With the objective of creating parity and maintaining a strong level of competitiveness in each caliber, every separate division has a predetermined ‘maximum team cap’. Teams’ combined individual totals must fit under a division’s maximum cap on both offense and defence to field a legal roster.

A team’s entire active roster is not required to fit below the division’s maximum cap; the cap works on a per-game basis. The rating system tabulates the sum of the top six offensive ratings, and top six

defensive ratings (separately). The rationale behind using only the top six players is to avoid punishing larger rosters vis a vis a smaller roster. Other ideas considered were to take an average of all the offensive and defensive ratings, but we found that teams were more likely to try to add players with low ratings as "fillers" simply to bring down their average. We feel that typically, the top six players on a team give the best indication of how strong the unit will be.

b. How are the ratings calculated?

One of our FPF members, Ryan Kastner, has built an automated program that integrates all the tracked individual and team statistics into a mathematical formula that measures those numbers against league averages, and allocates a certain numerical value between 50 and 100.

After each season, every player who qualifies, will earn an offensive and defensive rating, unique to that season (players who do not qualify will see their rating remain the same from the prior season). Those ratings are then added into a weighted average calculation that combines all past seasons' ratings with the most recent season's rating, to derive a new figure.

Players playing on multiple teams per season will have their highest unique rating adopted into the final rating calculation. (Example: Player A played Div A, Div B and Div C in S'18. His defensive ratings for each team was A: 92.0, B:88.5, C 89.0 based on his separate production in each division. For ratings purposes, the highest of his three ratings, 92.0, will be used in the calculation for his overall defensive rating, along with past seasons.)

Minimum touches or minimum games played are also factored in. If a player doesn't play enough games for a team in a given season, the rating system will ignore his/her season's output since it is unlikely to derive an accurate rating compared to past full seasons. The same logic is used for minimum number of touches on offense or combined stats on defense; if a player does not attain certain minimum benchmarks, the system will assume the player was not a full-time contributor on that side of the ball and as such will not see the past season's totals count towards the overall rating. The logic here is if a player finishes a season with 3 total tackles, rather than dropping the player's defensive rating drastically, the program simply assumes the player most likely did not play enough snaps on defence to merit a re-rating, so his defensive rating would remain the same as it was prior to the last season.

Finally, to avoid extreme volatility (both spikes and drops) we placed a maximum number of points a player with a certain amount of experience can increase or decrease by. This maximum swing is more limited from players rated above 70, whereas players rated below 70 have more freedom to move up or down more quickly. The max shifts are not in effect for new players. As a result, during a player's first two FPF seasons, there is no blended formula; instead the player simply adopts his/her most recent season's unique rating as his/her posted rating.

FPF has consistently tweaked the model over the first few years to try to perfect the model, without creating so much volatility that teams cannot incrementally climb the FPF ranks.

c. Per game format

A team's total cap is calculated per game; it is not calculated using the total active roster. This means a team's total active roster may put them over the divisional cap, but so long as each individual game's roster is below the maximum cap, they are not in violation of the rule.

If a team needs/chooses to use a different roster than the one they've submitted for registration, or used in prior games, it's likely the team's cap total has changed. We always recommend team captains verify their roster prior to each game where they modified their roster. The ROSTER VERIFICATION tool is available in the 'RESOURCES' section of the website's main menu. A miscalculation or input error cannot be accepted as an excuse for a cap violation. Teams are responsible to verify their own rosters.

Players who are either present on the sidelines in street clothes (and have checked in with the scorekeeper), or who have a doctor's note, will not count towards the team cap in that given game.

d. Offence and Defense

Every player will have a separate offensive and defensive rating. Our system takes the sum of the top six offensive ratings for the offensive cap, and the top six defensive ratings for the defensive cap. (using the registration or verification table, players highlighted in green are included in the top six, players in red are not). We require every team to be below the divisional cap on both offence and defense at all times in the Winter and Spring seasons; the FPF Cup season uses a sum of the two ratings and as such functions differently.

If a player only plays defense, his/her offensive rating still counts towards the team's total (vice versa for a defensive player), if his/her rating is amongst the six (6) highest. One does not need to play offence on a team to have his offensive rating count towards the cap, any active player is eligible to count towards the cap on both sides of the ball (*In-game policing of this would be logistically impossible*). Any total that exceeds the cap by 0.1 or more is in violation of the cap.

e. QB Rating (Dual Offensive ratings)

Every player who expects to play the Quarterback position (either full-time, or to throw passes sporadically) can request to receive a QB Rating (a second offensive rating). Once a player has dual offensive ratings, the original offensive rating can be viewed as a "receiver rating" whereas the QB rating only applies to players throwing the ball.

A QB rating can be activated when a player completes a pass. An incomplete pass will not affect the ratings in any way.

Only one player per team can use their QB Rating for a given game. Only the player with the most passing attempts for a team can claim the QB Rating. This means, if two players complete passes without recording a reception, they cannot both claim their QB rating for that particular game (in an attempt to lower the team's overall offensive cap total).

Convert plays count as well; so, if a player with a QB rating that exceeds the division's QB cap completes a pass on a convert play, the same rules apply.

If a player both completes a pass AND catches a pass during the same game, the highest rating of the two will count towards the cap (between the QB Rating and Offensive Rating).

If a player has a higher WR rating than QB rating, and both completes a pass and receives a pass in the same game, his/her WR rating will count towards the team cap, but his/her QB rating must still be below the division's maximum QB rating in order to be considered legal.

If a player records no offensive statistics in the game, his/her offensive rating (WR) will be used.

Process for calculating QB Rating towards the team cap:

Who is the player with most pass attempts? Does that player have QB rating? If no: apply offensive rating. If yes: Did that player also record a reception? If yes, apply highest of the two ratings. If no, apply QB rating.

If multiple player(s) completed a pass in the same game:

Does that player have a QB rating? If no, ratings are not affected. If yes, if QB rating is higher than WR rating, apply QB rating; if WR rating is higher than QB rating, apply WR rating.

The above rules are related to team cap totals. The Divisional QB cap is a separate issue altogether, that needs to also always be respected. Most FPF divisions have a max QB Cap.

Regarding the Team Cap rule: If a player throws a pass, but has a higher WR rating than QB rating, the WR rating will be used. However, regarding the QB Cap rule: if the player's QB rating (even though it is not used in the team calculation, since the player's WR rating is higher) violates the Divisional QB cap, the result is still an illegal roster, and will lead to a forfeit.

f. New players

During the registration period, we ask team captains to manually input new players onto their team roster if they do not yet exist in our database. Our system has pre-set benchmarks for new players; and will be granted the base rating associated to the division he has registered in. The base rating for the lowest division is 55, and it is five points higher for each subsequent division above.

Any team can add a new player to their roster prior to the start of any regular season game. FPF does not require a player to be on a roster prior to his first game, he/she can be added at the field right before the game.

If a new player signs up for multiple teams in his/her inaugural season, he/she will receive the base rating for the lowest division he/she is slated to participate in. (example: Div 2 and Div 5, would receive the Div 5 base rating of 60, instead of the Div 2 rating of 75).

Once the season begins, if a player joins a lower division team, he/she will maintain the original base rating received to start the season.

To avoid teams from attempting to lower a new player's rating by placing him/her on a lower division pre-season roster, simply as a placeholder: If a new player, playing on two or three teams, does not physically participate in a minimum of three of the first five games with his/her lowest division team, the introductory rating will be reverted to the higher division's base rating. (player must be in uniform and participating on the field, not checking in)

g. Rating Reset

If a player has only played in three or less games in his/her FPF career, they can ask to have their rating reset and start over with the base rating of their new team based on the division like any other new player.

(this is to avoid penalizing a player who may have subbed in one or two games in a higher division, looking to start playing regularly, but has the higher division base rating set as a default)

h. Checked-in Players

In a situation where a player simply checks-in at the field, but is not in uniform, that player's rating will NOT count towards his/her team's total. If the player is injured, but still chooses to participate in a game (even for one play), he/she will be viewed as an active player and his/her rating will affect the team's total like any other player.

i. No rating

Team captains should notify FPF about players who have an FPF profile from the pre-cap era but were never assigned a rating. In most instances, the returning player will receive the division's base rating, barring a special circumstance where FPF administrators feel the player should receive a higher rating. If ever a player participates in a game with a '0' (NR) rating. By default, the player will be given the division's introductory rating.

**In rare exceptions, FPF reserves the right to allocate a rating greater than the new player's divisional base rating. Examples include former or current professional football players who are new to the league but would unjustly carry a lower division introductory rating.*

j. Duplicate Profiles

In any situation where an individual has two separate FPF player IDs (two separate profiles) with two separate sets of player ratings, FPF reserves the right to use the profile with the higher of the two

ratings. There are very few of these examples, but when a captain spots this issue, they are asked to notify FPF as soon as possible to avoid any confusion.

The official ruling will be made by FPF to determine which rating is most recent/most accurate. The profiles will then be merged together.

7. Co-Ed-specific rules

FPF's Co-Ed Division currently has three exclusive roster rules that are to be respected throughout any game in that division.

- a. There must always be a minimum of two female players on the field at one time. There is no maximum number. If a team is playing with less than six players, the two female player minimum still exists.
- b. There is a maximum of one player rated above 85.0 on the field at once. This is specific to both sides of the ball, separately. (example: if Player A is rated as an 84.0 on offence, and an 86.0 on defense; and Player B is an 86.0 on both offence and defense; then only one of the two players can be on the field at one time on defense, but they are permitted to both be on the field together at once on offense {since only player B is rated above 85.0 on that side of the ball}).
- c. There is a QB cap of 75.0 in Co-Ed.

8. Uniform Rules

FlagPlus Football asks all of its teams to respect the league uniform standards. Although we grant teams the freedom and flexibility to purchase their uniforms anywhere they wish and spend as much or as little as they prefer, we expect everyone to abide by certain rules that allow us to maintain a minimum standard.

- a. All players on the same team must wear matching-colored jerseys. A slightly different shade can be acceptable, but not a different color. Players in violation will either not be permitted to play or will oblige the entire team to have to wear pinnies. *This is always left to the discretion of the officials working the game.*
- b. All players are required to have a large, clear number on the back of their jersey; numbers on the front or shoulder of the jersey are optional. Written-on or taped-on numbers are not permitted and are in violation. *This is always left to the discretion of the scorekeeper working the game.*
- c. Two players on the same team are not permitted to wear the same jersey number.

In FPF, when two teams have similar or exact matching colored jerseys, the AWAY team is always required to wear the pinnies. However, if any one of the three above rules are violated by one of the two teams, that team will be required to wear the pinnies, regardless of if they are home or away.

As of Spring 2018, FPF will not only withhold statistics from any player in violation of any of the three uniform rules above but will now also no longer award that player credit for a game played (GP). FPF will never go so far as to prohibit a player from participating in a game due to a uniform violation, however it will be enforcing a strict administrative consequence for players not willing to abide by the FPF Uniform Protocol.