

## **ROSTER RULES & RESTRICTIONS**

FlagPlus Football has many roster rules and regulations to abide by over the course of a season.

This document is intended to be as exhaustive a reference as possible to ensure a lack of violations.

There is no rule for a maximum number of players on a roster. Teams can add new players to their at any point during the regular season.

Captains must ensure the following rules are not in violation prior to adding a player:

- 1) The team's cumulative ratings must be below the cap, on both offence and defence.
- 2) If the player is throwing passes, his offensive (if only one offensive rating) or QB rating must be below the divisional maximum.
- 3) The added player cannot be on the roster of another team in the same division. (split divisions are treated as the same division [e.g 5A/5B or D-1/D-2])
- 4) The added player cannot be on more than 3 teams (including the new one) in our numbered divisions. Senior [e.g 35+], Co-Ed, and draft league divisions are not included in this maximum.

FlagPlus Football places a maximum of three teams per player. This maximum only includes men's numbered divisions (e.g Div 1, Div 3, Div A, etc). A player can play in either Co-Ed, Draft League and 35+ or 45+ without restriction.

A player can arrive late for any game, and may enter at any point in the game, so long as he is already on the roster and has one previous game played.

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 cannot be added to the roster, nor join in.

If a player is released from a team, he no longer is considered on the roster of said team.

## **PLAYER RELEASES**

A player may request to be RELEASED from a team during a given season. The objective of the player release is to allow a player who has signed on with a team he no longer wishes to play for, to join another team in the same division, or to avoid having that team limit his opportunity to join another team [due to the team maximum rule].

1. 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 in order to avoid situations where players leave teams without settling their financial commitments to the captain.*
2. The release must be validated by the league, and the current week of the season must come to an end before it is considered valid. *(example: In week 3 of the season, a player plays with Team A on Saturday and is then released the following day. The release is only processed at the end of week 3/start of week 4, and not before- even if there are week 3 games held later in the week.)*

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.

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.*

Player releases are permitted until the end of week 6 in a ten game season and week 5 in an eight game season.

Retroactive releases are possible from Week 7 onward, but only if the player has not played with the team he is requesting the release from in week 7 or later.

The player will remain listed on the releasing team's online roster following his departure, but his jersey number will appear as 'R'.

### **PLAYOFF ELIGIBILITY**

To be considered eligible for the playoffs, a player needs to play in a minimum number of regular season games with a given team.

Winter Season [Numbered Men's Division] ten-game season: 6 games minimum

Spring Season [Numbered Men's Division] ten-game season: 5 games minimum

Winter Season [Co-Ed, 35+] eight-game season: 4 games minimum

FPF Jr eight-game season: individual registration paid and on a roster before week 5; no minimum number of games.

Teams have 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.

FPF will make exceptions, and grant a game played/eligibility under the following circumstances:

- 1) An injured/sick player will receive a game played if he is present at his team's game with his name clearly listed on the roster sheet alongside his teammates'. The injured player is also asked to check-in with the scorekeeper to confirm his attendance (especially if he is not in uniform). *The player will not count against the team's cap.*
- 2) 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 in order to receive a 'game played' during an FPF conflict, the player must have already played a minimum of one game with the team he is receiving credit for.*
- 3) If a player has a medical DOCTOR'S note (physiotherapist, athletic therapist's notes cannot be accepted), clearly stating that the player cannot engage in physical activity (i.e play flag football) for a given time period.

## **FORFEITS**

Multiple rule violations can result in a forfeited game.

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

- 1) 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)

- 2) A team has a player complete a pass whose offensive (should he only have one offensive rating) or QB rating is above the maximum QB cap for their respective division by 0.1 points or more.
- 3) A team fails to field the minimum requirement of 5 players at the start of the game. 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].
- 4) A suspended player participates in a game during his suspension.
- 5) A team alerts the league that they will not be able to attend, and forfeit the game, the opposing team will then be alerted and will not be required to show up to the field.
- 6) If a team is caught 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.)
- 7) 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.

\*In situation #5, every single player on the winning team's active roster will receive credit for a GAME PLAYED.

## **PLAYER RATINGS SYSTEM**

### **a. Introduction**

FlagPlus Football uses a rating system where each and every single participant carries a separate offensive and defensive rating between 50 and 100. Some player will also have a third rating- specifically for the QB position (reserved for players who plan to both throw and catch passes, and feel there is a material difference in caliber between the two). Every active player is given a grade according to the stats he has accumulated over the previous four seasons (two calendar years) he has participated in. Our automated program's algorithm is programmed to consider all accumulated statistics, and take into account the division in which they were compiled, the number of games played and the pattern over the past few season.

Every division has a predetermined cap at the start of each season, with the objective of creating parity and maintaining a strong level of competitiveness in each tier. Teams' combined totals must fit under a division's maximum cap on both offense and defence in order to field a legal roster.

The rating system tabulates the top six offensive ratings and top six defensive ratings (separately) and takes the sum. The rationale behind using the top six players is to avoid punishing larger rosters vis a vis smaller rosters. 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 to drive 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.

#### a. How are the ratings calculated?

One of our FPF members, Ryan Kastner, has built an automated program that integrates all of 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. Other factors such as which division the statistics were compiled in also come into play. The same output in Division 1 and Division 6 would derive a much different rating. Defensive ratings are more difficult to base uniquely on statistical output, thus we also include team *Points Allowed* into each individual's calculation.

After each season, every player will be given an offensive and defensive rating, unique to that season. Those ratings are then included in a weighted average calculation, taking past seasons' rating into account as well, in order to reach a new rating.

Players playing on multiple teams per season will have their highest unique rating from all two or three teams adopted into the final rating calculation.

Minimum touches or minimum games played are also factored in. If a player doesn't play enough games, the rating system will ignore his 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.

Finally, to avoid extreme volatility (both spikes and drops) we placed a maximum number of points a returning player can increase or decrease by. This however, does not hold true for a first-season player. After completing an inaugural season, the player will adopt the unique season's rating as an overall rating.

#### b. 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 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.

In case a team decides to use a different roster than the one they've submitted for registration, or used for a prior game, it's likely the team's total has changed. To be safe, we recommend team captains verify their roster prior to each game when making roster changes using our ROSTER VERIFICATION tool.

Injured players, who are both present on the sidelines, or who have a doctor's note, will not count towards the cap in the given game.

#### c. 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. If a player only plays defense, his offensive rating still counts towards the team's total (vice versa for a defensive player) as long as his 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 total that exceeds the cap by 0.1 or more is in violation of the cap.

#### d. 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 (details below).

If a player completes a pass during a game, and does not record a reception, his QB rating will count towards the team's cap.

If a player 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).

note: 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 WR rating will count towards the team cap, but his 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 offensive rating (WR) will be used.

Please note that only one player per game can benefit from a rating reduction as QB. 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). A maximum of one player (specifically, with an offensive rating higher than a QB rating) can claim his QB rating for the game. The player with the most completions will automatically receive the QB rating benefit.

#### e. New players

During the registration period, we ask team captains to manually input new players onto their team roster if they do not exist in our database. Our system has preset 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 can be added at the field right before the game.

If a new player ends up on multiple teams in his inaugural season, he will receive the base rating for the lowest division in which he participates.

#### f. Injuries

In case of injuries, a player's rating will NOT count towards his team total if he's present for the game but does not play. If the player is injured, but still participates in the game, he will be viewed as an active player and his rating will take affect his team's total like any other player.

#### g. 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.

*\*FPF reserves the right to allocate a rating other than the new player's divisional base rating. Examples include CFL or NFL players who are new to the league but would unjustly carry a lower division introductory rating.*

### **SCHEDULING PROTOCOL**

FlagPlus Football uses a schedule building algorithm/platform to create both its Winter and Spring season schedules. The *SKEDBUILDER* platform allows teams to rate all location-day-time slots available in a given season by allocating points to each available option. (example: Sunday / Soccerplex Catalogna / 21:00) Teams may also "blackout" up to a number of slots and specific dates - virtually ensuring that they won't be scheduled there. Due to the fact that we allow individuals to play on multiple teams (in different divisions) in the same season, the platform is equipped to handle avoiding conflicts between any combination of teams with common players, and thereafter also aims to closely match the schedules of those same teams to convene the players (example: back to back games, games on the same night of the week).

Once teams submit their final rosters and their preference form prior to the start of a season, the platform's objective is to maximize some function of the ratings that makes every team as satisfied as possible, by taking all of the following into account:

- preferred day preferences
- preferred time preferences
- preferred location preferences
- set blackout dates (limited to two)
- possible overlapping games for teams with common players

In order to insure the avoidance of conflicts, players must properly appear on the roster of all their teams online, if the player was not included on the roster during registration, team captains have to notify FPF (or the Schedule Builder himself) of the new addition before the schedule is built. The league sends out a final reminder before the schedule is built.