



FPF ROSTER AND ADMINISTRATIVE RULES

Version 7 – May 2025

The FlagPlus Football ***Roster and Administrative Rules*** document is a separate entity from the FlagPlus Football Rule Book.

To read and understand this document is important when running a team in the league. The Roster and Administrative Rules document below is intended to be as exhaustive as possible, yet it cannot fill every possible loophole, or answer every ambiguity that may arise in the future. The document is constantly evolving and will continue to include more specifications and clauses as the years pass.

This document is typically updated and clarified once per year. Modifications include adding new rules to address previously non-encountered situations, as well as to clarify anything seen as vague or unclear.

It is important to 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 has the authority to rule on it in the interest of what is most fair and just, given the situation at hand.

This document was created to cover administrative rulings, specifically with regards to roster-related issues. The possibility exists where there may be some overlap with the FPF Rule Book, which covers on-field rules. In the event of any contradiction, we encourage you to contact FPF to clarify.

TABLE OF CONTENTS

1. GENERAL ROSTER RULES

- 1A.** What constitutes “being on” a roster?
- 1B.** Maximum Players on a roster
- 1C.** Maximum Number of teams per player
- 1D.** Restriction on playing in the same division

2. GAME PLAYED/ATTENDANCE REQUIREMENTS

- 2A.** What constitutes a game played?
- 2B.** Eligibility without participating
- 2C.** Late Arrivals
- 2D.** Deadline to contest a missing game played
- 2E.** Uniform Issue GP/Stat holdback [to duplicate under Uniform Rules]
- 2F.** Two games scheduled at once

3. PLAYER RELEASES

- 3A.** Spirit of the rule
- 3B.** End of the week specification
- 3C.** Games Played carryover
- 3D.** Maximum releases per season
- 3E.** Deadline to be released from team
- 3F.** Retroactive release

4. PLAYOFF ELIGIBILITY

- 4A.** Justification for Minimum number of games
- 4B.** Requirements per season/division
- 4C.** Playoff eligibility for an ineligible, recovered player
- 4D.** Injury Replacement Player Rule
- 4E.** Injury Replacement QB Rule

5. FORFEITS

- 5A.** Category 1 Forfeit: “No-Show”
- 5B.** Category 2 Forfeit: Administrative
- 5C.** Unadvised, Missing Team At Game Time
- 5D.** Final Regular Season game rule
- 5E.** Forfeited Game Fines
- 5F.** Two opponents, both above the cap

6. PLAYER RATING SYSTEM

- 6A.** Introduction
- 6B.** How are they calculated?
- 6C.** Per Game vs Full Roster
- 6D.** Offence, Defense (not related to who plays where)
- 6E.** QB Rating
- 6F.** QB Flex Rule
- 6G.** New Players
- 6H.** Rating reset
- 6I.** Checked-In players
- 6J.** No ratings
- 6K.** Duplicate Profiles
- 6L.** Cap Rules for Crossover Games

7. CO-ED-SPECIFIC ROSTER RULES

- 7A.** Maximum of Four Male Players on the Field
- 7B.** Maximum of One Player Above X Rating

8. UNIFORM RULES

- 8A.** Uniform Issue GP/Stat holdback
- 8B.** Colors
- 8C.** Numbers
- 8D.** Pinnies to teams without matching jerseys/number

9. EXTENDED DELAY DUE TO 'FORCE MAJEURE'

(also in Rulebook)

1. GENERAL ROSTER RULES

1A. WHAT CONSTITUTES “BEING ON A ROSTER”?

A player is considered an official member of a roster once he/she has received credit for at least one game with the team. Typically that comes from participating in a game, however the player checking in with the scorekeeper and receiving a DNP (more info below) also suffices. Until then, a player is not officially on the roster and thus does not need a release (more info below) to be removed from the team’s roster.

1B. MAXIMUM PLAYERS ON A ROSTER

There is no limit on the number of players on a team roster. A team can add new players to its roster at any point before or during the regular season. They may add a player to the roster by including him/her on the gameday roster sent to the scorekeeper (prior to the game), or by emailing FPF in advance of the game and asking an administrator to make the addition.

1C. MAXIMUM NUMBER OF TEAMS PER PLAYER

There is no longer a limit on the number of teams one player can play on per season. A player can play in as many divisions (as either a substitute or full-timer) as they wish. However, prior to the season, if a player is listed on more than three teams, FPF will ask the player to prioritize three teams, and FPF will guarantee no conflicts between those three teams’ schedules. Unfortunately guaranteeing any more than three teams from having zero scheduling conflicts on a wider scale is likely to drastically affect team preferences and overall performance of the automated program.

1D. RESTRICTION ON PLAYING IN THE SAME DIVISION

A player is forbidden to be active on two teams in the same division at any point throughout a season. 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. *The rationale here is that FPF does not want to encourage pre-season activism where teams plead to FPF to have two teams end up in separate tiers within the same division so they can both feature one or more specific players.*

2. GAME PLAYED/ ATTENDANCE REQUIREMENTS

2A. 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).

2B. 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.*

2C. 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 team's opening game, they will be permitted to join late, since there was no prior game on the schedule.

A new player who has yet to play a game for the 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.

2D. 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.

2E. UNIFORM ISSUE GP/STAT HOLDBACK [REPEATED 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, nor will the player receive his/her statistics.

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.

2F. TWO GAMES SCHEDULED AT ONCE

Should there be 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 teams, being considerate of the fact that it is not possible to attend both games. 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.

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.

3. PLAYER RELEASES

3A. SPIRIT OF THE RULE

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 join another team in the same division. 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.

3B. END OF THE WEEK SPECIFICATION

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 he then asks for a release, so he can play with a new team in the same division, 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.)

3C. GAMES PLAYED CARRYOVER

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.

3D. MAXIMUM RELEASES PER SEASON

An individual can only be released once in a season, per unique division. 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 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 the Player Releases table on the 'Season Rundown' page under 'CONTENT' on the main menu.

3E. DEADLINE TO BE RELEASED FROM TEAM

A player is not eligible to be released once he/she has played in a game past the $\frac{2}{3}$ mark of the season. So in a ten game regular season or round robin, a player is ineligible to ask for a release once he/she has played in one or more of the 7th, 8th, 9th or 10th game of the season for the team they wish to be released from. In an eight game season or round robin, it would equate to the 6th, 7th or 8th game.

3F. RETROACTIVE RELEASE

Retroactive releases are possible, meaning a player can ask for a release up until the last week of the regular season, so long as rule 3E 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 to the end of week 4, and allow the player to play for another team in week 10.

4. PLAYOFF ELIGIBILITY

4A. JUSTIFICATION FOR MINIMUM NUMBER OF GAMES

As most leagues do, FPF places a minimum number of regular season (or round robin, in a tournament format) games needing to be played to consider a participant as playoff (or knockout round) eligible for a certain team. To maintain the integrity of the regular season, we oblige teams to have their players attend at least half the games prior to the postseason.

4B. REQUIREMENTS PER SEASON / DIVISION

In a ten game season, the number of games needed to be eligible for the postseason is FIVE (5). In an eight game season or tournament, the number of games is FOUR (4).

4C. PLAYOFF ELIGIBILITY FOR AN INELIGIBLE, RECOVERED PLAYER

A player can be declared eligible for the postseason despite not having played/been in attendance for the minimum number of games required for their respective division. If they missed time due to an

injury or illness, they can be granted eligibility by presenting a Medical Note (from a Medical Doctor only, notes from Physiotherapists or Athletic Therapists are not accepted) to the league. The note should clearly specify the injury or illness, the date and the recommended date range or duration of inactivity.

This is reserved for more serious injuries and illnesses. If a player has a less serious injury or illness and does not have a medical note to provide, they will be expected to present themselves to the field and check in with the scorekeeper to help them attain the minimum game threshold.

4D. INJURY REPLACEMENT - PLAYER RULE

The FPF IR rule allows a team to replace an injured player, who is out for the remainder of the season, with another player (not otherwise eligible) prior to the start of the playoffs.

The rule exists to try to minimize the occurrences of playoff forfeits due to a lack of healthy, eligible players. Teams with small rosters who suffer injuries past the midway point of the season are left in a bind where they are unable to add any new players with enough games remaining to get them eligible for the playoffs.

The IR rule has gone through several iterations. As of Winter 2023, it is NO LONGER restricted to teams with less than six playoff eligible players.

This rule, unlike rule 4C, is in regard to players who cannot play in the playoffs, and not those who were injured during the season, but are then ready to return in playoff time.

Subsequently, if a player suffers a serious injury or has a grave illness that ends his or her season, a team now has the opportunity to place that player on IR (injured reserve) and have him or her replaced by someone else who will then be granted playoff eligibility under the IR Replacement Player Rule, so long as all the below conditions are met.

Listed below are the conditions and clarifications:

1. The team must absolutely submit a Medical note to FPF in order to benefit from this rule. The note must come from a Medical Doctor (MD); notes from Physiotherapists or Athletic Therapists are unfortunately not accepted. The note must clearly state that the injured or ill player is not fit to engage in physical activity (i.e play flag football) over a period of time that covers any part of the playoff season.
2. The replacement player may or may not have already played for the team over the course of the regular season. He/she is not required to have played any games with the team prior to being added to the roster and being granted eligibility.
3. The team must submit the note, along with the requested replacement player to FPF up to 48 hours before its first playoff game. No IR replacement player will be given eligibility thereafter for the entirety of the playoffs. This means if a team suffers a subsequent injury once the playoffs begin, they cannot bring on another replacement.
4. The injured player being replaced must have either played enough games to already have playoff eligibility- or have been on pace to attain the required number of games to be playoff eligible. As an example, a player who had two games played over his team's first eight games, would not

have been able to attain eligibility and thus could not be replaced if he got injured in the ninth game of the season.

5. This rule is in place to counter injuries and illnesses ONLY. Vacations, drop-outs or any other situation cannot be accepted exceptionally.
6. The replacement player cannot play on another team in the same division as the team he/she is joining. A retroactive release is possible if the player did not play a game past the release deadline (see rule 3E, above)
7. The replacement player must be an existing FPF member, with a legitimate player profile. A new member, who has never played in FPF cannot be used.
8. If a player is placed on the IR, he or she is ineligible to play in *another* FPF division for the rest of the current season.
9. If a player is placed on the IR, he or she may not return at a later time in the same playoff season. It is not a temporary substitution, the replaced player is ineligible for the remainder of the season.
10. There is no limit on the number of IR replacement players per team. If a team can produce two medical notes for two injured/ill players, they can have two replacement players join their team for the playoffs.
11. The team must remain under the division's cap with the addition of the replacement player. FPF will not make any adjustments to the player's rating to facilitate the roster move.
12. The replacement player being recruited must have both an offensive and defensive rating which is either below the the divisional benchmark listed below, or, the injured player's rating, whichever rating is higher. The team must all the while still fit under the divisional cap, as mentioned in point #11, above.

Example: Player A with 6 Games Played in Division 4 has been lost to a serious injury. Player A has an offensive rating of 79 and defensive rating of 72. Player B is being considered as a replacement player for Player A. While fitting the Team Cap with Player B on the team, Player B has an offensive rating of 81 and a defensive rating of 74. Player B is therefore not eligible as an IR replacement because they are higher than Player A's offensive rating of 79.

Another option to replace Player A is Player C, who has an offensive rating of 78.2 and a defensive rating of 74.6. Player C is an acceptable IR replacement player since they are under the higher of the two offensive ratings (Player A's Offensive rating of 79) and lower than the 2 defensive ratings (Division 4 Benchmark rating of 75).

Divisional Benchmark Ratings for a Replacement Player

Divisions	Maximum O & D rating permitted
6 (Winter) / E (Spring)/ Tier 3 (Fall)	65
Co-Ed 2 / Women's	70
4, 5 (Winter) / C, D (Spring) / Tier 2 (Fall)	75
3 (Winter) / B (Spring)	85

Co-Ed 1 / 35+	85
1, 2 (Winter) / A (Spring) / Tier 1 (Fall)	100

Note: Point #12 lists these benchmarks per division to ensure the spirit of the rule is respected. We want to avoid a situation where a lower division team that benefits from having a low team cap, and recruits a top tier Division 1 player, rated in the mid-90s.

4E. INJURY REPLACEMENT - QB RULE

The Injury Replacement QB rule allows a team to replace their injured Quarterback, who is out for the remainder of the season, with another passer (not otherwise eligible) for the playoffs. This rule exists to assist teams who, due to a season ending injury or illness need to replace an injured Quarterback as it does not have a viable replacement already on the roster.

The replacement QB's rating (QBR) does not need to be equal to or lower than the injured QB's rating, they simply need to have a QB rating that respects the division's QB Cap. Aside from the QB rating issue just listed, the replacement QB's offensive and defensive ratings must fit under the 4D.12 divisional benchmarks.

5. FORFEITS

There are two different categories of forfeits; each resulting in a different final score:

5A. CATEGORY 1 - NO-SHOW FORFEIT

A team does not have the minimum number of players needed to start a game (5) and declares forfeit.

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

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 via email at least two hours prior to the scheduled start time of the game. This way, FPF can notify the opposing team before they would typically leave home. Once the opposing team is notified by FPF, the forfeit is official; the opponents (winning team) 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 per 5E below, all Captains whose team declares a Category 1 forfeit will subsequently be required to pay a fine.

5B. CATEGORY 2 - ADMINISTRATIVE FORFEIT/PLAYOFF SEMI FINAL RULE

Multiple rule violations can result in a forfeited game:

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

The violations are:

- a) A team's total cap for a given game exceeds the maximum cap for their respective division (offence AND/OR defense)
- b) A team has a player whose QB Rating is above the division's maximum threshold, complete a pass. (Extra point conversion are included)
- c) A suspended player participates in a game during their suspension.
- d) 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.)
- e) A team is reduced to four or less players at any point in a game, due to a GAME EJECTION (not an injury or temporary ejection). Note that a player receiving a second major penalty is automatically ejected and would count as a GAME EJECTION.
- f) A team uses a player who is deemed ineligible based on our league or divisional rules (e.g man in women's division, child 15 or younger in adult game, player who is on another team in the same division.
- g) In the semi finals, if the winning team is unable to play in the finals (cannot field a regulation roster and must forfeit), the team they beat in the semi finals automatically advances to the finals. This rule is in place as no forfeits are allowed in championship games.

5C. UNADVISED, MISSING TEAM AT GAME TIME

If a team did not alert the league of a no-show, but does not have the minimum requirement of 5 players present at the scheduled game time. The officials start the clock at the scheduled start time, and the opposing team is granted 6 points. The present team is credited with an additional 6 points every 5 minutes (starting at the start of the game), until halftime is reached. Once halftime arrives, if the missing team has still not fielded five players, the game ends and the presented team wins 60-0 (Category 1 no-show forfeit score).

The opposing team is required to stay until halftime in this situation since the opponent may indeed show up late, at some point before halftime.

The forfeiting team would then be fined \$150, payable to the opposing team.

5D. 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 time slot and doesn’t affect seeding for the playoffs.

5E. FORFEITED GAME FINES

With the goal of reducing the occurrence of Category 1 forfeits in our league, a no-show forfeit fine was instituted in 2018. This came as a suggestion from the players, receiving overwhelming support.

A team wishing to declare forfeit must email the league. Once officialized, the team is required to *submit a \$100 fine directly to the opposing captain.*

Additionally, if the Category 1 forfeit is not reported to the league either in-time (two hours or more before game time), or not at all, an additional \$50 fine will be charged, totalling \$150. This is an additional, punitive measure to penalize a team who not only forfeited, but made the opponents present themselves to the field only to find out they will not be playing.

The team owing the fine will only be granted permission to play their next game once the fine is paid in full and confirmed by the opposing team.

5F. TWO OPPONENTS, BOTH ABOVE THE CAP

In the rare situation where both teams in a given game are over the cap (Team Cap and/or QB Cap) the league will penalize the team who had the greater violation with the Category 2 forfeit loss.

The FPF website is unfortunately not set up to award both teams in a game with a loss. A tie or erased game does not technically penalize anyone since the Points Against (PA) stat plays a key role in breaking ties.

As a result, in a situation where both teams are over the cap, FPF will use the following format to determine who is “most” at fault and as a result:

(points above the offensive cap + points above the defensive cap) + (3 x points over the QB cap)

The lesser violation between the two teams is credited with the win.

*The game will feature a final score of 30-29 in favor of the team with the lesser violation. This differs from the usual 30-0 score as it also penalizes the winner to a lesser proportion, since they were also in violation and were lucky enough to have their opponents supersede them. (*if the teams allowed more than 30 and 29 points respectively, the original scores will stand. If they allowed less, the opponent’s total will be bumped up to negatively affect their PA total).*

6. PLAYER RATING SYSTEM

6A. INTRODUCTION

FlagPlus Football uses a rating system where each single participant carries a separate offensive and defensive rating between 50 and 100. Some players also have a third, QB-specific, rating. This rating is reserved for players who plan to both throw and catch passes in FPF, and need a specific rating for both.

Every active player carries a numerical rating based on the statistics he/she has accumulated over a combination of their most recent season, and all other previous seasons blended together. Our automated program's algorithm takes a player's past statistics and considers the division in which they were compiled, to generate a final number.

With the objective of creating parity and maintaining a strong level of competitiveness in each caliber, every separate division has a predetermined 'maximum cap' they must respect throughout the season. A team's 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.

6B. CALCULATION

Our program 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 that is 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.

FPF has consistently tweaked the model over the years to try to perfect the model and help us continue to prioritize parity in our league.

6C. PER GAME VS FULL ROSTER

A team's total cap is calculated per game; it is not calculated using the total roster. This means if you were to measure a team's cap using every player on its roster, it would be incorrect procedure. Instead, so long as the team's roster is below the maximum cap for each individual game, 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 very 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. 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.

6D. 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 verification table, players highlighted in green are included in the top six, players in red are not factored into the calculation). We require every team to be below the divisional cap on both offence and defense at all times.

Note that if a player only plays defense, his/her offensive rating may still count towards the team's offensive total (vice versa for a defensive player), if his/her rating is amongst the six (6) highest. One does not need to necessarily 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. Players have disputed this issue; FPF's justification is that the *in-game policing necessary to ensure a player does not play on a certain side of the ball (to ensure that they do not count against that cap) would be logistically impossible.*

6E. 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. A completed pass on a Conversion play counts as a completed pass in this context.

Only one player per team can benefit from a QB Rating that is below the primary offensive rating in a given game.

Any player who completes a pass with a QB rating that exceeds the division’s QB cap will lead to a forfeited game.

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

- Find 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.
- Find the other players who threw a pass. For each; does the 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. No one with a QBR above the divisional QB cap can complete a pass.

6F. QB FLEX RULE

The QB Flex rule was first introduced in Winter 2022. FPF reserves the right to institute it in certain divisions, for specific seasons.

The rule allows a passer with a QB rating above the QB Cap in a respective division to throw nonetheless. The trade-off is that the player’s TEAM CAP will be penalized by 1 point for every 0.2 violation of the QB Cap.

For example: a QB with a rating 2.2 above the cap would penalize their team's cap by 11 points (2.2×5). If this is a D2 team, their team cap would drop from 515 to 504.

The rationale is that in certain divisions, the QB Cap has caused a more common hindrance for teams who cannot play due to their QB being above the cap. To counter the benefit the team gains from having a stronger QB throw, their team cap is penalized.

Note that the FPF website framework does not automatically tabulate this as it does the rest of the cap administration. It is currently overseen manually.

6G. NEW PLAYERS

During the registration period, FPF asks 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 new members will be granted the base rating associated with the division the player debuts 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)

6H. RATING RESET

If a player has only played in five 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)

6I. 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 using the DID NOT PLAY (DNP) status in our scorekeeping app. If

a player participates in a game (even for one play), he/she will be treated as an active player and his/her rating will affect the team's total like any other player.

Note that a player can only receive DNP status for a game if he/she personally checks in with the scorekeeper. A captain cannot dictate that the person is in attendance or will be in attendance later.

Also note that the DNP status does not require any proof of injury. This is not limited to injured players. Any player present for the game, but does not participate, is eligible.

6J. NO RATING

Team captains should notify FPF about players who have an FPF profile from the pre-cap era or made their debut in FPF Jr, and do not have a rating (NR). 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 very 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.*

6K. DUPLICATE PROFILES

In any situation where an individual has two separate, legitimate FPF player IDs (two separate profiles) with two distinct sets of player ratings, FPF will use the profile with the higher combined ratings by default. This is specifically when both profiles have substantial data and are both valid. 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. FPF will then merge the two profiles as soon as possible to avoid further confusion.

In a similar, yet different situation where one of the profiles is active and the other(s) is newly created with little or no historical data, FPF will utilize the valid profile, even if the rating is lower.

6L. CAP RULES FOR CROSSOVER GAMES

FPF occasionally schedules crossover games between teams in two separate calibers, each with their own team and QB Caps. Typically this will occur between the two following groups:

Co-Ed 1 vs Co-Ed 2

Division 1 vs Division 2

In these situations, the division and QB cap that apply to the higher tiered team will also apply to the lower tiered team (for crossover games only).

7. CO-ED-SPECIFIC ROSTER RULES

FPF's Co-Ed Divisions currently have two exclusive roster rules that are to be respected throughout any game in that division.

7A. MAXIMUM OF THREE MALE PLAYERS ON THE FIELD

There is a maximum of three male players allowed on the field at one time. If a team is playing with less than six players, the max three male player rule still exists. If you are 5 players, you can play with 3 male and 2 females, but always a maximum of 3 male players. There is NO maximum of female players allowed. [all Co-Ed divisions]

7B. MAXIMUM OF ONE PLAYER ABOVE X RATING

There is no longer a rule in Co-Ed where a maximum number of players rated above a certain number are permitted on the field at the same time.

8. UNIFORM RULES

8A. UNIFORM ISSUE GP/STAT HOLDBACK [REPEATED UNDER GAME PLAYED/ATTENDANCE]

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.

FlagPlus Football asks all 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.

FPF will never go so far as to prohibit a player from participating in a game due to a uniform violation, however it does enforce a strict administrative consequence for players who do not abide by the FPF Uniform Protocol.

*If a player participates in a game without a proper jersey number (c, below) or matching colored jersey (b, below) he or she will **not receive credit for a game played (GP), nor receive any of their stats** for that particular game.*

8B. UNIFORM COLOR

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 individual discretion of the officials working that specific game.*

8C. NUMBERS

All players are required to have a large, clear number on the back of their jersey; additional numbers on the front or elsewhere on the jersey are ideal, but optional. Drawn-on or taped-on numbers are not permitted and are considered to be in violation.

We request that two players on the same team not wear the same jersey number outside of an emergency one-game situation.

8D. PINNIES TO TEAMS WITHOUT MATCHING JERSEYS

When two teams have similar or exact matching colored jerseys, the AWAY team is always expected to wear the pinnies. The purpose is to help referees and players distinguish between the two teams.

However, if a team has one or more players who have a shirt that does not match the rest of the team's, they will be asked to wear the pinnies. Those players without the matching jerseys will be marked as being in uniform violation and will not receive their game credit or stats. The rest of the players will not be penalized.

9. EXTENDED DELAY DUE TO 'FORCE MAJEURE'

Due to so many players playing on multiple teams, and the frequency of games being scheduled back-to-back for these players, extended delays often cause the players to have an unexpected overlap and thus to have to miss a portion of one of their two games. In cases where there is a long delay on one field- due to *force majeure* (such as an ambulance being called for an injured player who is immobile on the field of play), a domino effect can result in one field being out of sync with the adjacent fields over the course of the entire night.

As a result, if the start time of a regular season game is delayed due to *force majeure* (such as a delay caused due to the wait for an ambulance) on one individual field, **the subsequent game cannot be postponed more than 20 minutes later than the original, scheduled start time, otherwise it will be postponed to another date.** This rule does not apply to playoff games due to the limited delay between subsequent rounds. *Any postponed games will be made up at a later date, prior to the start of the playoffs.*

Note that only the game immediately following the currently delayed game will be postponed. The night's schedule will then resume thereafter, as intended at the original start time.

Example: An ambulance is called for a major injury on Field #2 in Lachine during the 7 pm game. If the 8 pm game's start time is delayed past 8:20 pm, it will be rescheduled to a later date. The 7 pm game will conclude following the clearing of the field; the 9 pm game and all subsequent games on Field #2 will then begin at their original start times.

This same rule does not apply if the delay causes all fields at the same location to be delayed (example, a power outage in the facility) or if the facility itself has only one field being utilized.

A delayed start time of more than 10 minutes, but less than 20 minutes, will result in a slightly-shortened game, which will be no less than 2 halves of 17 minutes of running time plus 5 untimed plays each half. (to be confirmed in the pre-game meeting between the officials and team captains).

We understand that an inconvenience is caused for the teams who have their game postponed, as they are likely already dressed and ready for their game. Unfortunately, there is no perfect way to handle these situations without inconveniencing someone.