



Cornwall Men's Flag Football League CMFFL Rules



Cornwall Men's Flag Football League Rules

All participants are required to complete a waiver of liability form each year. All participants assume the risk of injury. The Cornwall Men's Flag Football League and any of its agents shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the Flag Football League.

The following Flag Football rules will be enforced by the referees:

48 hours' notice is required to cancel any game without penalty. The League Executive must receive notice at least 48 hours before game time. Any team that forfeits a game (no show, too few players, refusal to play, etc.) is subject to a \$90 fine (the cost of the referees) paid to the league as well as a case of 24 beer to the opposing team. If both teams agree to forfeit, the teams can be awarded a tie (0 - 0) and 1 point would go to each team. If this is done less than 48 hours before the game, they would split the fine and pay the league \$45 each. If one team cancels 48 hours prior to game time, then the refereeing penalty fee (\$90) can be waived. The forfeiting team, however, must still provide a case of beer to the opposing team before the beginning of the opposing team's next game.

For clarification, illegal equipment consists of:

- A.** Headwear containing any hard, unyielding, stiff material, or items containing exposed knots. This does not include ball caps.
- B.** Jewelry
- C.** Pads or braces worn above the waist
- D.** Shoes with metal, ceramic, screw-in, or detachable cleats. EXCEPTION: Screw-in cleats are allowed if the screw is part of the cleat.
- E.** Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt that does not remain tucked in.
- F.** Pants or shorts with any belt(s), belt loop(s), pocket(s), or exposed drawstring(s).
- G.** Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- H.** Exposed metal on clothes or person.
- I.** Towels attached at the player's waist.

Number of Players:

Each team should start the game with 7 players; a minimum of 5 is needed to avoid a forfeit. A player must be 19 years of age. A player must play 50% of the regular season games to qualify to play in the play offs. To be counted as "present", a player must be present for 1 entire half of a game and the opposing team must sign off on the game sheet at half time or at the end of the game.

Length of Game:

Playing time shall be 60 minutes, separated into two halves of 30 minutes, further divided into 15 minute quarters. Half-time shall be 5 minutes. There will be a running clock for the entire first quarter and the first 13 minutes of the second. The last 2 minutes of the second quarter and the fourth quarter shall be stop time. Time will elapse once the bags have been set and the referee will signal that time is running.

Exceptions to time beginning when the bags are set:

- 1- After a time out has been called by either team
- 2- After an incomplete pass
- 3- After a change of possession
- 4- After a sack (a sack is defined as anytime the offensive unit fails to reach the scrimmage line, by any means)**The advantage goes to the team obtaining the sack i.e. if the clock running is to their advantage, then the clock runs
- 5- After a first down
- 6- After a player carries the ball out of bounds



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The home team will determine who shall receive the choice of possession or side at the beginning of the game. If only one team is ready to play at game time, they will automatically have the choice. A coin toss will be used in the playoffs.

Kick Off:

At the beginning of each half and after a touchdown or field goal. The receiving player can play a dropped ball if the 7 yd zone is not defended. It is at the referee's discretion whether the bobbled ball can be picked up by the receiver or not. No other player on the receiving team can EVER receive the ball after it has been bobbled by one of his teammates. The ball is declared "dead" if it comes to a stop, is bobbled and the 7 yd zone is defended, is bobbled more than 7 yds FORWARD, is bobbled or even touched and then played by another offensive player, OR is touched by the opposing team. If touched by the kicking team BEFORE being touched by the receiving team, then a no yards penalty (10 yards) will apply. There are no onside kicks and the 5 yard rule always applies. If the receiving team touches the ball, the ball can be declared dead at the spot where it first touched. This only applies if no other offensive player touches the ball after 1st contact. If a kicked ball goes out of bounds without coming into contact with anyone, the receiving team has the option of taking the ball at that point, or forcing another kickoff 5 yards further back. In the final 2 minutes, time does not start until contact is made with the ball by the receiving team.

Punting:

A team can punt at any time. The punting team must stay 5 yards from the ball until it is touched by the receiving team or declared "dead" by the official. The receiving team takes possession at the spot of the "dead" ball. It is at the referee's discretion whether a bobbled ball can be picked up by the receiver or not. No other player on the receiving team can EVER receive the ball after it has been bobbled by one of his teammates. The ball is declared "dead" if it comes to a stop, is bobbled and the 7 yd zone is defended OR is touched by the opposing team before being declared "dead". A 10 yd no yards penalty would apply. If a punt goes through the end zone or out of bounds within the end zone, 1 point is awarded to the punting team. If the defending team fields the punt but is flagged in the end zone, 1 point is awarded to the punting team. If the ball is declared "dead" in the end zone, 1 point is awarded to the punting team. The punting team then kicks off.

Line of Scrimmage:

The offensive team must have at least one player on the line of scrimmage. This player must hike the ball through his legs. The rusher may begin rushing the moment the ball is lifted by the center. The Center can run a straightforward line; Center cannot impede the rusher from running his straight line unless the rusher has already passed the line of scrimmage. This rule has been added so the center cannot cut off the rusher or (pick block). So please always revert to this MAIN rule. This will void all other questionable calls. The Rusher or Rushers MUST line up within 3 yds of the rushing cone. No offensive player can line up within 3 yds of their center. The center must be at the scrimmage line cone (i.e. the cone must be within the center's leg span).

Backward Passes and Fumbles:

Any ball that is fumbled during a down will be dead by rule once it has touched the ground. The only exception is the quarter back bobbling ball when received from the center. A backward pass or fumble may be caught or intercepted by any player inbounds and advanced. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an Illegal pass: loss of 10 yards, loss of down and the clock will start on the ready for play. Once a ball has touched the ground the ball is considered dead. No player can intentionally ground the ball to avoid



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a sack. There must be receiver within 10 yds of the errant pass or the referee may use his/her discretion in an instance when no player was within 10 yds but an obvious attempt to complete a pass was made.

Forward Passes and Interceptions:

If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball. If a ball is tipped in any direction, the ball is considered live and can be played by either team.

Pass Interference:

Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. If, at the discretion of the referee, the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards. Defensive pass interference results in a first down at the point of the infraction. This also applies when the offensive team is within 20 yards of the opponent's end zone.

Scoring:

Touchdown = 6 points

Extra Points = 1 point if kick is successful

Extra Points = 2 points if run or pass is successful

Safety = 2 points

Defensive Conversion on Extra Point Attempt = 2 points

Kick or Punt through the end zone = 1 point

Kick receiver flagged in the end zone = 1 point

Field Goal = 3 points

- If the holder's knee is down when he receives the ball, then the ball must be kicked. The play is called dead if the holder takes any action other than holding the ball for the kicker.
- If the ball by passes the holder or the holder does not have a knee down when receiving the ball, then play continues.
- A Field Goal can be attempted at any time. In the case of a missed field goal attempt, it is at the referee's discretion whether a bobbled ball can be picked up by the receiver or not. No other player on the receiving team can EVER receive the ball after it has been bobbled by one of his teammates. The ball is declared "dead" if it comes to a stop, is bobbled and the 7 yd zone is defended OR is touched by the opposing team. The 5 yard rule always applies.
- If the field goal is no good, the opposing team has the option to play the ball or let it "die" and take the ball from the line of scrimmage, or their own 35 yard line. If the ball "dies" in the end zone, then 1 point is awarded to the kicking team.

Safety:

If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety.



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A team recording a safety will receive two points, and the ball shall be snapped by the scoring team at their own 15 yard-line, unless moved by penalty. (i.e. if you intercept a pass or receive a kicked ball outside of your end zone, but you run into the end zone and THEN get flagged, etc.- it is 2 points for the other team)

Exception - Momentum Rule - When a player intercepts a forward pass or catches a scrimmage kick between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

Personal Fouls:

Any act listed below or any other act of unnecessary roughness is a personal foul.

Players shall not:

- Punch, strike, strip, steal or attempt to steal the ball from a player in possession. This includes coming into contact with the quarter back's arm as he is throwing. It is not a penalty if the quarter back's throwing arm hits the rusher (or any player) AFTER the ball has been released, unless the referee deems the contact could have been avoided by the rusher.
- Trip an opponent
- Contact an opponent who is on the ground
- Throw the runner to the ground
- Hurdle another player
- Contact an opponent either before or after the ball is declared dead
- Make any contact with an opponent that is deemed unnecessary
- Deliberately drive or run into a defensive player
- Clip an opponent
- Position themselves on the shoulders of a teammate or opponent to gain an advantage
- Tackle the runner (warrants ejection)

The minimum yardage for any foul is 10 yards. Can reach a maximum of 25 yards for a major foul and a first down. And a possible ejection- i.e. deliberately hitting or clothesline a player. If the two players are both 50/50 involved, the penalty's are offsetting and the two players can receive a warning, a game misconduct and/or be suspended for the following game. The severity of the penalty is at the discretion of the referee but must be the same for both players involved.

Spinning:

As long as there is no "leaping or raising of the knees" and there is no flag guarding, a player may spin to avoid being flagged.

Stiff Arming:

Stiff arming is not allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

Obstructing the Runner:

A defensive player shall not hold, grasp or obstruct the forward progress of the runner when attempting to remove the flag belt. If a defensive player is planted and the offensive player makes no attempt to avoid the flagger, then the penalty is on the offensive player.



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The Flags:

All shirts must be tucked in and are not permitted to hang over the flags. Should a player lose a flag during a down and should that player gain possession of a live ball, that player will be considered dead at the spot of the gain of possession. When a player scores, the referee has the right to examine the flags to verify that they have not been illegally secured. If the flags have been illegally secured the score is disallowed, the player ejected and a 10 yard Unsportsmanlike Conduct penalty will be administered from the previous spot. Players must have possession of the ball before they can legally be deflagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag is removed illegally, a 25 yd penalty and first down, play should continue with the option of the penalty of the play (Penalty: Personal foul, 10 yards)

Guarding the Flag:

Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag.

Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag to prevent an opponent from deflagging
- Placing the ball in possession over the flag to prevent an opponent from deflagging
- Lowering the shoulders in such a manner that flag guards.

10 yards from the point of the infraction is the penalty for flag guarding.

An attempt or contact must be made by the defending player to the ball carrier's arm or ball that is guarding the flag to be a legitimate flag guarding penalty.

Official's Authority:

An official assumes authority 15 minutes prior to the scheduled game time, and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final. A team captain has the right to calmly discuss any call with the referee. However, if the captain continues to question the call in any way once the referee has indicated that the conversation is over and the call stands, then that captain can be penalized for unsportsmanlike behavior and/or ejected from the game. All questions pertaining to calls made during the game should go through the team captain. It is the referee's discretion to field questions from players other than the captain. The official has the right to eject players. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against the team. If a player is ejected twice in one season, that player is suspended until a review can be held. The reviewing committee consists of player reps (2 from each team, including the VP and Treasurer), and the President. Whether the player should be reinstated or not will be determined by a vote from the team reps. The President will only vote if there is a tie. Referee's are welcome at the meeting but have no vote. (AMMENDED 2025 RULE 33 – 34)

The Ball:

An official size NFL or CFL football may be used, but other footballs can be used if approved by both teams. The receiving team may supply a ball to kick or the kicking team may kick their own.

Team Conduct:

All teams must adhere to normal Team Ethics of representing our League. Examples are picking up garbage after the games, watching foul language when other children and spectators are around and drug use is absolutely prohibited. This means we adhere to normal Team Conduct & Team Representative will be held responsible. This rule must be followed and adhered too, failure may result in team expulsion from the league.



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PLAYOFFS:

Eligibility – An eligible player in the playoffs must have made 50% of the regular season games to play in the playoff. Making a regular season game consists of being present for one entire half of a game. The opposing team will sign off on the players at half time and/or the end of the game. An injured player is not exempt from having to show up for an entire half of a game. Injured players must notify the ref and be added to the game sheet, as well as have the opposing team sign off.

*Please note that being present in work clothes for less than one entire half will not count as a game.

*** The running of the league should fall on volunteers chosen at the end of every season.

The Executive of the CMFFL for 2009 will be:

- 1 President (not a team rep) Michael McAllister – Jasmur – 613-932-8338, cell 613-868-2591
- 1 Vice President (team rep) Jonny Campeau – Summit – 613-551-4605
- 1 Treasurer (team rep) Michel Riel – Play it Again Sports – 613-933-8185

All 3 executives must be from different teams. No volunteer should hold a position for more than 2 consecutive years. All positions are voted upon by the team reps and any team rep can nominate any player for any position. This should take place at a meeting held 2 weeks after the end of the season.

The Executive of the CMFFL for 2023 will be:

- 1 President (not a team rep) Steven Primeau
- 1 Vice President (team rep) Jonny Campeau – Co-Op
- 1 Treasurer (team rep) Scott Lamoyre – Wheeler Munro

Amendment for League's President

League's president will be Steven Primeau until 2025, however his position is considered permanent as per agreement on League's meeting August 9 2023

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To keep the game flowing and to keep us on schedule, referees will enforce the Delay of Game penalty on kick offs. After scoring, the kicking team has 60 seconds to line up and kick the ball, or they will be charged with delay of game. Delay of game is a 10 yard penalty. NFL doubles the distance, if the delay is at the beginning of the game or half. We will keep it at 10 always and vote to change if need be. Due to past incidents some of the rules require clarification and will be enforced here on out: *48 hours notice is required to cancel any game without penalty. The League Executive must receive notice at least 48 hours before game time. Any team that forfeits a game (no show, too few players, refusal to play, etc.) is subject to a \$90 fine (the cost of the referees) paid to the league as well as a case of 24 beer to the opposing team. The default score will be 14-0. If both teams agree to forfeit, the teams can be awarded a tie (0 - 0) and 1 point would go to each team. If this is done less than 48 hours before the game, they would split the fine and pay the league \$45 each. If one team cancels 48 hours prior to game time, then the refereeing penalty fee (\$90) can be waived. The forfeiting team however must still provide a case of beer to the opposing team before the beginning of the opposing team's next game.*

For clarification, illegal equipment consists of:

- A.** Headwear containing any hard, unyielding, stiff material, or items containing exposed knots. This does not include ball caps.
- B.** Jewelry
- C.** Pads or braces worn above the waist
- D.** Shoes with metal, ceramic, screw-in, or detachable cleats. EXCEPTION: Screw-in cleats are allowed if the screw is part of the cleat.
- E.** Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt that does not remain tucked in.
- F.** Pants or shorts with any belt(s), belt loop(s), pocket(s), or exposed drawstring(s).
- G.** Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- H.** Exposed metal on clothes or person.
- I.** Towels attached at the player's waist.

Number of Players:

Each team should start the game with 7 players; a minimum of 5 is needed to avoid a forfeit. A player must be 19 years of age. A player must play 50% of the regular season games to qualify to play in the play offs. To be counted as "present", a player must be present for 1 entire half of a game and the opposing team must sign off on the game sheet at half time or at the end of the game.



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Length of Game:

Playing time shall be 60 minutes, separated into two halves of 30 minutes, further divided into 15 minute quarters. Half-time shall be 5 minutes. There will be a running clock for the entire first quarter and the first 13 minutes of the second. The last 2 minutes of the second quarter and the fourth quarter shall be stop time. Time will elapse once the bags have been set and the referee will signal that time is running.

Exceptions to time beginning when the bags are set are:

- 1- After a time out has been called by either team
- 2- After an incomplete pass
- 3- After a change of possession
- 4- After a sack (a sack is defined as anytime the offensive unit fails to reach the scrimmage line, by any means)**The advantage goes to the team obtaining the sack i.e. if the clock running is to their advantage, then the clock runs.(For example: your team is winning, and you are defending in your own red zone. There is less than 2 minutes left. The offensive team needs 4 points. You sack them. Why would they be rewarded with a time stoppage? It makes no sense. If they advance the ball, but don't get a first down, the clock runs once the bags are set, but if they get sacked, the clock stops?) *The advantage must always go to the team that obtains the sack, NOT the team that gets sacked.*
- 5- After a first down
- 6- After a player carries the ball out of bounds

Line of Scrimmage:

The offensive team must have at least one player on the line of scrimmage. This player must hike the ball through his legs. The rusher may begin rushing the moment the ball is lifted by the center. *The Center can run a straight forward line; Center cannot impede the rusher from running his straight line unless the rusher has already passed the line of scrimmage. This rule has been added so the center cannot cut off the rusher or (pick block). So please always revert to this MAIN rule. This will void all other questionable calls. The Rusher or Rushers MUST line up within 3 yds of the rushing cone. No offensive player can line up within 3 yds of their center. The center must be at the scrimmage line cone (i.e. the cone must be within the center's leg span). So, the center can run a straight line, or stay put until the rusher has passed him. Those are his only choices. This gives the rusher the option of cutting in front of the center, if the center is not running a straight ahead pattern. If the center runs his straight ahead pattern, and the rusher runs into him while trying to cut across before the scrimmage line, then the penalty is on the rusher. If the center hesitates a second or 2 , and then runs a straight ahead pattern and collides with the rusher, then the penalty is on the center. One of the 3 refs is always watching for this.*

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Safety:

If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. ***A team recording a safety will receive two points, and the ball shall be snapped by the scoring team at their own 15 yard-line, unless moved by penalty. (i.e. if you intercept a pass or receive a kicked ball outside of your end zone, but you run into the end zone and THEN get flagged, etc.- it is 2 points for the other team)*** So, if you are called for grounding the ball, in your own end zone, the other team would get 2 points and they would kick or punt the ball from their own 15.

Exception - Momentum Rule - When a player intercepts a forward pass or catches a scrimmage kick between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

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Updates, Clarifications and Summaries

1. Teams have to huddle (no hurry up) after all first downs, time outs and 2 minute warnings.
2. There are 3 time outs per game. (was 2 all year long, so this is new for the playoffs)
3. There is no point EVER for an interception in the end zone. If the player is flagged in the end zone, his team gets the ball on their 20. If he takes a knee in the end zone, it is again his team's ball on his own 20. If the player that intercepts the ball is flagged anywhere OUTSIDE the end zone, his team gets the ball where the player flagged.
4. After a safety, the team that got the safety kicks or punts from their own 20 yard line.
5. If a blocked punt does not reach the line of scrimmage, the defending team gets the ball at the line of scrimmage. If the blocked punt is in the end zone, and the ball hits the ground anywhere in the end zone (or out of bounds directly from the end zone), it is a safety. It is not where the ball ends up (rolling), but where it hits the ground. If a punt, tipped or not, passes the scrimmage line, then it is treated like a punt.
6. If the ball crosses the plane of the white line at the beginning of the end zone in a player's possession, it is a touchdown. There is no jumping, so a player can't leap for the end zone, but reaching the ball across the plane is OK.
7. If the quarterback's arm is in forward motion when he is flagged, it is not a sack. Obviously, this only applies if the ball left his hand at the end of that forward motion.
8. There will be 4 refs for the semi-final games and the final game. All refs must be non-players. If 4 non-playing refs cannot be found, the games will be played with 3 refs.
9. If a player jumps while running, the ball is dead at that spot. There is no penalty unless that player leaped over another player, etc.
10. Downs roll on intentional grounding.
11. As long as the back heel of the quarterback is behind the line of scrimmage, any forward pass is legal. If the quarterback passes the scrimmage line and throws forward, the ball is dead at that spot and downs roll. There is no penalty.
12. Following CFL rules, teams will always get a last play if time has not expired before the play is called in. (i.e. if there are 5 seconds left when the cones are set and the play is blown in, a team does not have to snap the ball within 5 seconds. They have the usual 30 seconds to run their play.
13. Starting immediately, if a player is ejected from a game, they sit out the next game (no choosing of games) and the team pays a \$25 fine before the next game. The player must be present at the game to serve the suspension. If a player is ejected for a more serious foul (i.e. throws punches, etc.), that player is ejected for 3 games and his team must pay a \$50 fine before the next game. (See item #28)
14. On a field goal, if the holder has one knee down, this does NOT mean that the team must kick. The holder can still get up and act like any quarterback.
15. Hand offs are OK. The player receiving the hand off must be behind the player giving the hand off except if it is the quarterback's first forward pass/hand off. An illegal hand off is treated the same as a forward lateral.
16. On a kickoff, the defensive front line must be at least 10 yards from the scrimmage line.
17. Strings will be removed in all shorts. Flags are to be placed in game shorts only and not in any undergarments. If found guilty of the above charge, an unsportsmanlike penalty will be enforced of 20 yards. **(amended on 07/25/2012)**
18. By week 3, if league fees are not paid in full your game will be forfeited that day and the following games until paid.
19. Each team must commit \$100 to Shoeless Joe's Sports Bar or they are disqualified for playoffs AND they carry over the \$100 penalty the following year.



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20. Mercy Rule...if a team is up 21 pts the clock will run straight time in the last 2 minutes of the game.
21. Teams must have visible numbers on their jerseys either front, back or both.
22. Safety Rule Clarification.....the team that gave up 2 pts has to punt or kickoff from their own 35 yard line OR the scoring team can choose to receive the ball on their 35 yard line.
23. Refs must consult with each other on a call without player interruption. The ref will then address the team captain on the call. **(rules 18-23 were amended on 07/24/2013)**
24. If a team forfeits a game that team must pay the team they were scheduled to play \$50.00. If the fee is not paid, that team will not be qualified for the playoffs.
25. Impact Player Rule....An impact player is a full-time player who will make a difference on a team that he plays for. (an example is a top player, scorer, or defender on his team or in the league and is well known in the league to make a difference on his team). This rule stops an impact player so that he cannot pick and choose to play for a higher ranked team. We do not want all the best players playing for one team. Lower ranked teams can stay competitive in our league. *Example- a ranked team 8 cannot go play for a team ranked 1. But can play for a lower ranked team 9,10,11, or 12.*

Exceptions to this rule are:

- Any part-time players (doesn't make enough games for playoffs) can play anywhere they want the following season.
- If a team folds-not a change team name. (example- majority are the same players) All players during a FOLD are open to go where they want.
- The elite player takes a full season off and plays for no team in CMFFL and after a 1 season absence the impact player can play for whatever team he wants.

****Disputes of impact players names can be determined by the league executives and team representative votes but league executives can veto a tie vote. (rules #24 and #25 were amended on 07/24/2014).**

26. Spare Player Rule.....A team may use another teams spare player if they have 8 or less players for a given game. Once a player reaches the required amount of games to qualify for playoffs he is no longer classified as a spare player and must only play for that team. If a team states that the player is not considered a spare then he can't play for another team during the season. This will prevent players from jumping to other teams during the season.

Term "Spare Player" defines a player who seldom plays for a given team and was not a full-time player in the league in recent years. (amended 08/2014)

27. Vote on suspensions served is now optional. If a player decides to serve, his game will be counted. All 7 attending team reps agreed. **(10/08/2014)**

28. Sentencing of ejection(s)

- a. 1st Ejection --> 1 Game (Referees can decide if further discussion is required to review the ejection and apply sentence accordingly)
- b. 2nd Ejection --> 3 Games (Executive and Referees discussion)
- c. 3rd Ejection --> Season ending and discussion for acceptance on upcoming year(s).
- d. Ejection due physical altercation --> Immediate Ban from the league.

Player might be eligible to 1 hearing to be reinstated on upcoming years of the league Reps can agree on this hearing. After the hearing the Reps will vote on the reinstatement of the player, in the scenario that the player gets reinstated, he can't accept any other ejection. 1 ejection will result in a permanent ban from the league. (amended 2018?)

29. Ejection protocol, Player(s) ejected must leave the field immediately, he might change clothes/shoes in the parking lot (if needed) and leave. Failing to comply with this requirement may increase suspension time. **(amended 2018?)**
30. Players that get ejected will be included into the Ejection Log (black book) for bookkeeping and traceability.



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31. Rookie eligibility.- A player is considered Rookie if meets the following criteria:
 - a. Minimum of 5 games played in the league.
 - b. Has not participated in the Winter league.
32. Pro-Bowl eligibility.- A player is eligible to join the Off-season Pro-bowl game if he has played 1 season after their rookie season.
33. On-Field Conduct: All on-field calls made by a referee are final. Players are prohibited from directly questioning or verbally protesting a referee's decision.
 - a. Penalty: Any player who directly questions a referee's call will result in a 15-yard electable conduct penalty against their team. This penalty is assessed on the first offense by any player on the team.
 - b. Second Offense: A second offense by the same team will result in a 25-yard penalty and the immediate ejection of the offending player. Subsequent offenses will follow the same penalty structure.
34. Captain-Referee Communication: Only the team's designated captain (player who makes the decision with the referees at the beginning of the game) may approach a referee to ask for clarification on a rule. The captain may not argue the call itself.
 - a. Captain's Discretion: A team captain can request a huddle with the Head Referee to discuss a controversial or review of a call between referees. The Head Referee will use his discretion to determine if such a meeting is necessary. The discussion will focus on the interpretation of the rules between all referees; outcome of this huddle will be final.

CORNWALL MENS
FFL

Cornwall Men's Flag Football League Rules

Ejection log

"Black book"

Player Name	Ejection Date	Reason for ejection	Sentence applied	Fee paid
Alex Geary	Sep 24 2023	Fighting	Banned for life due 2 nd incident	-----
Darcey Richier	Sep 24 2023	Fighting	Season 2023+Winter&Pro Bowl	
Cameron Geary	Sep 24 2023	Fighting	Season 2023+Winter&Pro Bowl	
Eric Bowman	2021	Mouthing a Ref	2 Games	Paid
Trevor Shayler	2022	Wrestling/fighting	3 Games	Paid
Darcey Richier	2022	Wrestling/fighting	3 Games	Paid
Rob Cholette	2022	Wrestling/fighting	3 Games	Paid
Francis Gervais	2024	Arguing to Referee	1 Game	Paid
Talon Flaro	2025	Arguing to Referee	1 Game	Paid

