

TECH PACK



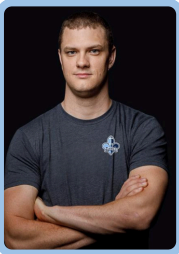
Montréal
2026





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All important information will be sent to coaches via
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COUPE FOOTBALL QUÉBEC | 2E ÉDITION

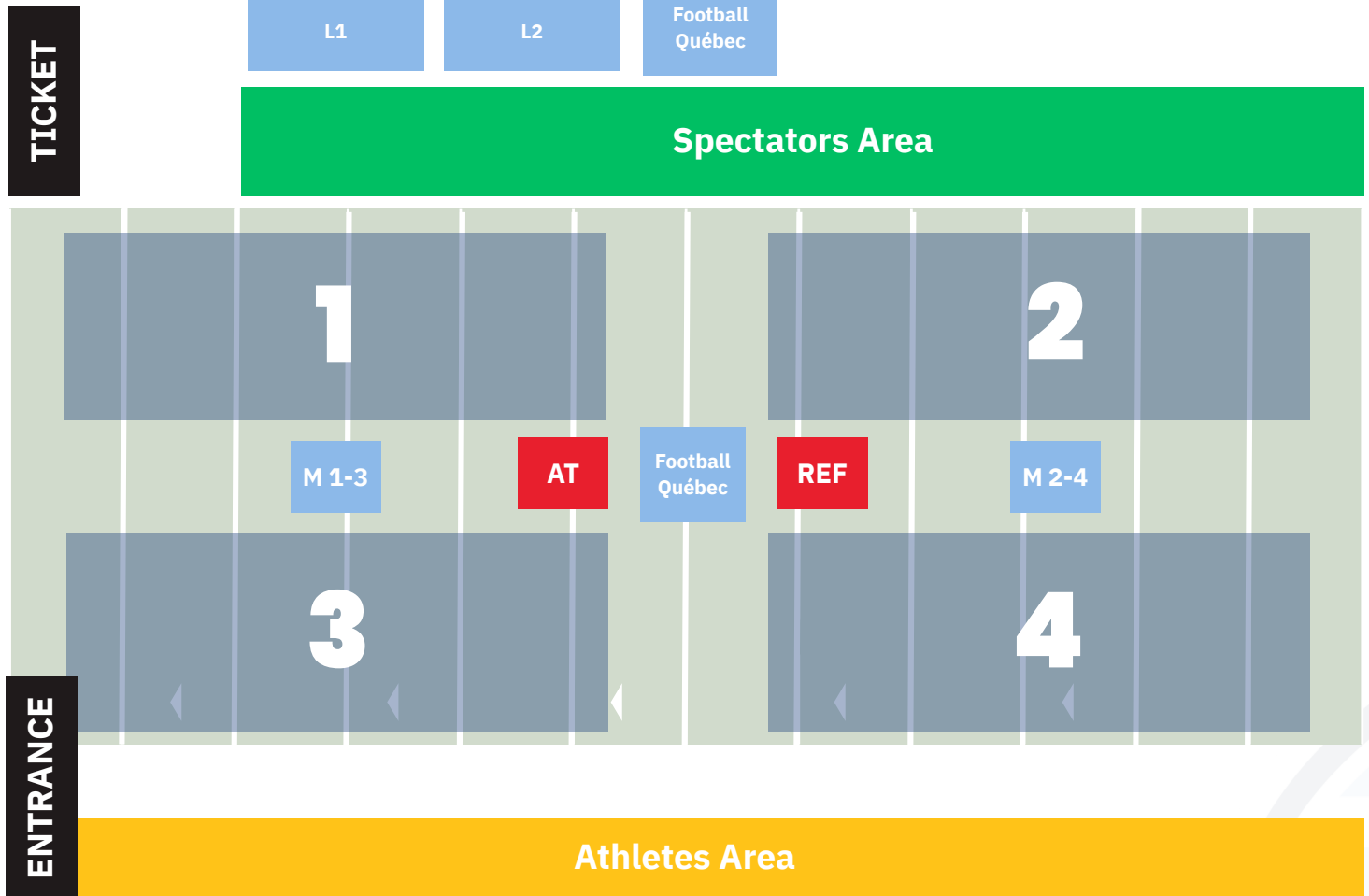
Football Québec Cup aims to provide teams and athletes across the province with an opportunity to compete in a structured, stimulating, and unifying environment. This event brings together regions from across Québec through a tournament that highlights player development, team progression, and sportsmanship.

The Football Québec Cup also serves as an important preparation opportunity for teams associated with Football Québec's Excellence Program, offering a competitive environment that supports the evaluation and development of athletes in preparation for provincial and national events. It also marks the launch of the season and the annual affiliation process for teams and organizations within the federation.

As part of this edition, Football Québec also wishes to recognize the exceptional contribution of François Bougie, a key builder of flag football in Québec.

“The champion teams in the collegiate and university divisions will be awarded the François Bougie Trophy.”





Guidelines – Field Zones and Safety

To ensure everyone's safety and the smooth running of the tournament:

Clearly designated zones have been established around the fields.
Spectators are not permitted in areas reserved for athletes, including:

- Athlete areas
- Technical and operational areas (Football Québec HQ)

Spectators must remain in the designated viewing areas at all times.
Any unauthorized person found in a restricted area may be asked to leave immediately for safety reasons.

Thank you for respecting these guidelines to help maintain a safe and enjoyable environment for all participants.

ELIGIBILITY

DIVISION	DATE OF BIRTH/CONDITIONS	AGE TURNING IN 2026
Universitaire	<i>Be registered as a full-time student in the September 2025 and/or January 2026 semester.</i>	-
Collégial D2	<i>Be registered as a full-time student in the September 2025 and/or January 2026 semester.</i>	-
Collégial D3	<i>Be registered as a full-time student in the September 2025 and/or January 2026 semester.</i>	-
MU21 *	2006-2007-2008	18-19-20
MU19 **	2008-2009	17-18
MU18	2009-2010	16-17
MU16	2011-2012	14-15
MU14	2013-2014	12-13

**The U21 category is reserved for males only.*

***The U19 category is reserved for females only.*

OUT-OF-PROVINCE ORGANIZATION

In addition to meeting the eligibility requirements, players must be members in good standing with Football Canada as well as with their respective Provincial Sport Organization (PSO).



DAY OF COMPÉTITION

DIVISION	WOMEN	MEN
University	Saturday April 18th	-
Collegiate D2	Saturday April 18th	-
Collegiate D3	Saturday April 18th	-
U21	-	Sunday April 19th
U19	Sunday April 19th	-
U18	Saturday April 18th	Sunday April 19th
U16	Saturday April 18th	Sunday April 19th
U14	Saturday April 18th	Sunday April 19th



STRUCTURE OF COMPETITION

This tournament operates under an open registration format, with no limit on the number of teams per category. Therefore, the final competition structure will be determined once the registration period has closed.

The tournament format (for example: pools, preliminary round, crossover games, or playoffs) will be established based on the total number of teams registered in each category.

The organizing committee will ensure that the competition structure provides a fair format and an appropriate number of games for participating teams, while also respecting the event schedule and field availability.

The official schedule, group composition, and playoff format will be communicated to teams once all registrations and rosters have been received and validated.



TEMPS DES MATCHS

Round Robin

- 18 minutes games
- 1 timeout per team, per game
- Pro-clock applied (starting at 1:00 remaining)

Séries éliminatoires

- 18 minutes games
- 1 timeout per team, per game
- Pro-clock applied (starting at 1:00 remaining)

Règle du pro-clock

- *The pro clock does not apply when the score differential is 17 points or more.*

OVERTIME

Round Robin

- No tiebreakers

Séries éliminatoires

- Coin toss to determine possession order (A, B, B, A)
- Conversion shootout (1 attempt per team)
- No timeouts allowed
- The team with the most successful conversions wins.

Win = 2 pts

Loss = 0 pts

Tie = 1 pt

**A forfeit will be recorded as a 21-0 loss.*

TIEBREAKING PROCEDURE

1. Total number of wins
2. Head-to-head result
3. Points allowed
4. Point differential
5. Coin toss



MANDATORY EQUIPMENT

JERSEYS

All teams must wear identical numbered jerseys.

- All teams must have both a dark and a light set of jerseys.
- If both teams are wearing similar colors, the coin toss winner will have the option to change jerseys, unless one team voluntarily agrees to switch colors.

SHORTS

Shorts must not have pockets and must have a minimum inseam length of 5 inches.

FLAGS

Teams must bring their own “pop” (suction-type) flags for the tournament.

- Shorts must not be the same or similar color as the team’s flags.

COULEURS DE SHORT	COULEURS DE FLAG AUTORISÉS *								
NOIR	Red	White	N/A	Light Blue	Orange	N/A	Pink	Yellow	Green
BLANC	Red	N/A	Dark Blue	Light Blue	Orange	Purple	Pink	N/A	Green
BLEU	Red	White	N/A	N/A	Orange	N/A	Pink	Yellow	Green
VERT	Red	White	Dark Blue	Light Blue	Orange	Purple	Pink	Yellow	N/A
ROUGE	N/A	White	Dark Blue	Light Blue	N/A	Purple	N/A	Yellow	Green
JAUNE	Red	N/A	Dark Blue	Light Blue	N/A	Purple	Pink	N/A	Green

** Any color combination not listed in the approved color chart must be approved by Football Québec prior to the event. Football Québec and/or the officials reserve the right to require an equipment change or the removal of any non-compliant uniform. A team unable to comply with the regulations may be refused participation in a game until the situation is corrected.*



BALLS

Teams must bring their own footballs.

- a. Game balls will be inspected by the officials during the equipment check.
- b. Approved brands and sizes are listed in the table below:

Divisions	Women's			Men's		
	WILSON	NIKE	ROUGE	WILSON	NIKE	ROUGE
U21	-	-	-	OFFICIAL	SIZE 9	CF-18
Cegep / University	YOUTH	SIZE 8	CF-14	-	-	-
U18	YOUTH	SIZE 8	CF-14	OFFICIAL	SIZE 9	CF-18
U16	YOUTH	SIZE 8	CF-14	YOUTH	SIZE 8	CF-14
U14	JUNIOR	SIZE 7	CF-12	YOUTH	SIZE 8	CF-14

*** Synthetic and/or leather Shrummz-type footballs ARE NOT permitted.**



RULES OF PLAY

The IFAF rulebook will be applied at all Football Québec flag football events in 2026. However, considering the recent transition to international rules, certain amendments or adjustments may be made to adapt to the realities of the Québec and Canadian context. Any applicable modifications will be communicated to teams before the start of the competition.

RULES



A FEW COMPARAISON IFAF VS FC 2026

Rule Category	IFAF Rule (2023)	Football Canada Rule (2026)
Series of Downs	4 Downs to cross midfield; 4 Downs to score.	3 Downs to cross midfield; 3 Downs to score.
Blitzing (Rushing)	Hand Signal Required: A blitzer must raise one hand clearly above their head for at least the last second prior to the snap to establish "Right of Way."	No Hand Signal Required: Any player 7 yards back can rush. Free Path: A rusher lined up within 2 yards of the 7-yard line is entitled to free path to the ball.
Motion	Only 1 player can be in motion at the snap (but not attacking the LOS)	Any number of players can be in motion in any direction at the snap.
Passing Timer	7 Seconds (Strict): If the timer expires and the ball is still in the QB's hand, the ball is dead immediately.	7 Seconds (Soft): If the quarterback's arm is in forward motion when the 7 seconds expires, the play is allowed to continue.
Defensive Pass Interference	10-Yard Penalty from the Basic Spot + Automatic First Down. Requires CONTACT (Screening the eyes is allowed)	Spot of Foul Penalty + Automatic First Down. Does NOT require contact (Screening the eyes is not allowed)
Fumbles / Ball Loss	If the fumbler or an opponent gains possession before the ball becomes dead, the ball continues in play. Therefore, a Defensive player can 'catch' a fumbled ball from a ball carrier and they will have possession.	There are no fumbles, if a ball carrier loses possession / fumbles the ball and it touches the ground the play is whistled dead immediately and the ball is spotted where the player lost possession.
Dead Ball Fouls After Score)	Fouls after a touchdown are enforced on the Try.	Option: Non-offending team can choose to enforce the penalty on the Convert OR the next possession (start of next drive).
Coin Toss	Winner chooses: Offense/Defense OR End. Loser chooses remaining option. 2nd Half: Teams switch ends; team that started on defense receives ball. Teams automatically switch ends at half.	Winner chooses: Start with Ball, Side, or Defer. 2nd Half: Loser of coin toss (or deferrer) gets the choice. Teams do not automatically switch ends at half. Dependent on coin toss decisions.
Mercy Rule	30 Points: Clock runs continuously if differential is 30+.	25 Points: Clock runs continuously if differential is 25+ in the second half.
Field Dimensions (5v5)	50×25 yards (plus 10-yard end zones).	Varies by Age: U16 & under: 40×25 yards. U18 & older: 50×25 yards.



ROSTER

Teams must submit their roster, team name, and official logo no later than **April 12, 2026**.
No changes will be guaranteed after this date.

TEAMS COMPOSITION

A team may register a maximum of 18 people on its roster (3 staff members and 15 players).

DUAL PARTICIPATION AND SCHEDULING CONFLICTS

An athlete may participate on only one team during the tournament.

In cases where an athlete also serves as a coach for another team, no schedule changes will be requested or granted to accommodate this situation.

ROSTER



SCHEDULE

The official schedule will be published once all rosters have been received and verified.
The release is expected between **April 13 and April 15, 2026.**

SCHEDULE



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COACHES' CHECKLIST

Before the tournament, make sure your team meets the following requirements:

Athlete Eligibility

- All athletes meet the age and division requirements
- All athletes are registered with the team

Membership (Affiliation)

- All players are affiliated with Football Québec
- All coaches are affiliated with Football Québec
- Memberships have been completed on time (before April 11)

Team Composition

- The roster is complete and up to date (before April 12)
- Jersey numbers match the team roster
- The number of players complies with tournament rules

Equipment and Uniforms

- The team has both light and dark jerseys
- Jerseys can be tucked into the shorts
- Shorts have no pockets
- Shorts contrast in color with the flags
- All players have a mouthguard
- Footballs are compliant

Rules

- The tournament rules have been read and understood

Technical Meeting

- Participation in the technical meeting



MEDICAL SERVICES

A certified athletic therapist will be present on site throughout the event to provide first aid care and quick evaluations. In the event of a major injury, the therapist will provide initial care before transfer to the appropriate medical services.

FACILITIES

No locker rooms will be available on site. Teams and participants must plan to arrive dressed and prepared before coming to the sports complex.

We suggest bringing:

- A reusable water bottle
- Weather-appropriate clothing
- A bag for personal belongings

No showers or secure equipment storage areas will be available on site.

PARKING

Parking is available in close proximity to the sports complex. However, the number of spaces is limited, particularly during peak hours and during games or clinics.

Participants and visitors are encouraged to allow extra time for parking or consider carpooling to facilitate access to the site.

Additional parking may be available on nearby streets. Please respect all municipal parking regulations and signage.



F O O T  B A L L