



ROSTER AND ADMINISTRATIVE RULES

Halifax Flag Football League

Version 1 - August 2026

This document governs HFL registration, rosters, playoff eligibility, uniforms, flags, forfeits and league administration. On-field play is governed by the Canadian Amateur Rule Book - Flag Football (2025), including the 5v5 rules.

Questions: info@halifaxflagfootballleague.com

Purpose and authority

The HFL Roster and Administrative Rules are separate from the Canadian Amateur Rule Book for Flag Football. The Canadian rule book governs on-field play; this document governs league administration.

These rules are intended to address the situations most likely to arise during an HFL season. They cannot anticipate every circumstance. When an issue is not specifically addressed, HFL administration may make a ruling that protects safety, fairness, competitive integrity and the orderly operation of the league.

HFL may clarify or update these rules before or during a season when reasonably necessary. Material changes will be communicated to captains and registered players.

Table of contents

- 1 Eligibility and registration
- 2 Rosters and team membership
- 3 Game participation and attendance
- 4 Playoff eligibility
- 5 Player releases and team changes
- 6 Forfeits and minimum-player requirements
- 7 Uniforms, equipment and HFL flags
- 8 Statistics, standings and the HFL website
- 9 Venues, schedules and operational changes
- 10 Conduct, discipline and administrative authority
- 11 Fall 2026 registration summary

1. ELIGIBILITY AND REGISTRATION

1A. Adult, all-gender league

HFL is an adult, all-gender league. Every participant must be at least 18 years old before participating in an HFL game. A team captain who registers a team is responsible for ensuring that every rostered player meets the age requirement.

1B. Team and individual registration

A captain may register and pay for a team. A player may also register individually and request placement on a team. Individual placement, including placement with requested friends, depends on available roster space and is not guaranteed until HFL confirms the assignment.

1C. Registration confirmation

Submitting the registration form does not reserve a spot by itself. A registration and any applicable discount are confirmed only after HFL receives both the completed form and full e-transfer payment.

1D. Payment method

Registration payments must be sent by e-transfer to info@halifaxflagfootballleague.com. The transfer message must include the individual player name or the team captain name so the payment can be matched to the registration.

1E. Final and non-refundable payments

Participant-initiated team and individual registration payments are final and non-refundable. A registration cannot be cancelled after payment. A requested substitution, replacement or transfer is not automatic and requires HFL approval.

2. ROSTERS AND TEAM MEMBERSHIP

2A. What constitutes being on a roster?

A player becomes an official member of a team roster when HFL records the player on the team roster and the player receives credit for a regular-season game. Before that point, HFL may remove or correct an unconfirmed roster entry without using the release process.

2B. Roster size

HFL does not set a fixed maximum roster size. Teams are encouraged to carry approximately seven to ten players to provide substitutions and attendance coverage while preserving meaningful playing time.

2C. Adding players

Captains may request roster additions before the roster deadline announced by HFL. A player must be properly registered, meet the eligibility requirements and be listed on the game roster before participating. Additions after the deadline require HFL approval.

2D. Same-division restriction

A player may not be active on two teams in the same HFL division at the same time. A player who wishes to move to another team in the same division must complete the release process in Section 5.

2E. Captain responsibility

Captains are responsible for maintaining an accurate roster, providing requested player details by league deadlines, communicating schedule information to their team, and ensuring that only eligible players participate.

3. GAME PARTICIPATION AND ATTENDANCE

3A. Game played credit

A player receives credit for a game played when the player is listed on the official game roster, checks in as required and participates in the game while using a legal uniform and flag equipment. HFL may also grant attendance credit in an approved circumstance when a registered player attends but does not participate.

3B. Late arrivals

A rostered player may join a game after it has started if the officials and scorekeeper can verify the player and the addition does not disrupt play. A new or unregistered player may not be added after the game has started.

3C. Missing game or statistical credit

A captain or player must report a missing game played, roster error or significant statistical error within seven days of the game. HFL may decline to revisit issues reported after that period.

3D. Conflicting HFL games

HFL will attempt to avoid scheduling conflicts for players disclosed as playing on more than one HFL team in different divisions. A player cannot participate in two games at the same time or move between simultaneous games.

4. PLAYOFF ELIGIBILITY

4A. Minimum regular-season participation

For an eight-game regular season, a player must receive credit for at least four regular-season games with the team to be eligible for that team in the playoffs.

4B. Integrity of the regular season

The participation requirement prevents teams from adding high-impact players only for the postseason and rewards players who participated during the regular season.

4C. Injury or exceptional-circumstance request

HFL may approve playoff eligibility for a player who falls short of the minimum because of a documented injury, illness or exceptional circumstance. Approval is discretionary and may include conditions designed to protect competitive fairness.

4D. Replacement players

A replacement player for a serious injury or other exceptional loss requires advance HFL approval. HFL may consider the timing of the request, the replacement player's experience and the effect on competitive balance.

5. PLAYER RELEASES AND TEAM CHANGES

5A. Release request

A player may ask to be released from a team. The player and captain should both notify HFL. HFL may require confirmation that any team-level financial or equipment obligations have been resolved.

5B. Effective date

A release is effective only after HFL approves it. The player may not participate for another team in the same division until approval is confirmed.

5C. Maximum releases

A player may receive no more than one release in the same division during a season unless HFL approves an exception.

5D. Release deadline

A player is not normally eligible to be released after participating in the team's sixth regular-season game of an eight-game season.

5E. Games played do not transfer

Games credited with the former team do not transfer to the new team for playoff eligibility.

6. FORFEITS AND MINIMUM-PLAYER REQUIREMENTS

6A. Minimum players

Under the Canadian 5v5 rules, a team needs at least four eligible players to compete and may have no more than five players on the field during a play.

6B. Advance notice

A captain who expects to be unable to field four eligible players must contact HFL as soon as possible. Notice does not erase the forfeit, but it allows HFL to notify officials, opponents and the facility.

6C. No-show or late team

When a team is absent or cannot field the minimum number of players at the scheduled start time, the officials and HFL will apply the league's game-start and forfeit procedure. HFL may award the game to the opponent and record an administrative result.

6D. Administrative forfeits

HFL may declare an administrative forfeit when a team uses an ineligible or suspended player, intentionally misidentifies a player, refuses to comply with an official or league directive, or commits another serious eligibility violation.

6E. Fees after a forfeit

A forfeited or missed game does not create a refund, credit or cancellation right. Registration payments remain final and non-refundable.

6F. Standings manipulation

A team may not intentionally forfeit, use an ineligible roster or otherwise manipulate a result to influence playoff positioning. HFL may adjust standings, remove playoff eligibility or impose additional discipline.

7. UNIFORMS, EQUIPMENT AND HFL FLAGS

7A. Team uniforms

Players should wear matching or clearly coordinated jerseys with visible, unique numbers. HFL may require pinnies or another identification method when teams have confusing colours or a player cannot be reliably identified.

7B. Flag equipment included with registration

Each team registration includes ten HFL flags. Each individual registration includes one HFL flag.

7C. Additional and replacement flags

Additional flags and replacements for lost flags are available at the field for \$10 per flag. Players are responsible for arriving with usable HFL-approved flags.

7D. Legal attire and equipment

Players must comply with the equipment provisions in the Canadian rule book. Officials may require a player to remove unsafe or illegal equipment before returning to play.

7E. Flag consistency

HFL may require all players in a game to use HFL-issued or HFL-approved flags of a consistent style and size so that flag pulls can be officiated fairly.

8. STATISTICS, STANDINGS AND THE HFL WEBSITE

8A. Official season website

The official HFL website for the season is coming soon. It is intended to provide schedules, results, standings, team pages, live player statistics and league updates.

8B. Official records

Statistics and standings displayed immediately after a game may be corrected after scorekeeper, official or administrative review. HFL's final published record controls.

8C. Corrections

Captains should review game reports promptly and report material errors within seven days. HFL may correct obvious data-entry errors at any time when reliable information is available.

8D. Player identification

Players must use the correct registered name and jersey number. Deliberate use of a false identity may result in an administrative forfeit and discipline.

9. VENUES, SCHEDULES AND OPERATIONAL CHANGES

9A. Expected venues

Fall 2026 games are expected to be played primarily at BMO Soccer Centre, with possible games at East Coast Varsity and East Hants Sportsplex. Final venue assignments remain to be determined.

9B. Expected game times

Most games are expected to be scheduled on weeknights. Some weekend games may be required. Final nights, start times and season dates remain to be determined and will be communicated when confirmed.

9C. Schedule changes

Facility availability, weather, safety concerns, emergencies or operational requirements may require HFL to move, postpone or reschedule a game. Teams are responsible for monitoring official HFL communications.

9D. Facility rules

Players, captains and spectators must comply with all rules of BMO Soccer Centre, East Coast Varsity, East Hants Sportsplex and any other HFL facility.

10. CONDUCT, DISCIPLINE AND ADMINISTRATIVE AUTHORITY

10A. Sportsmanship and safety

Players, captains and spectators must follow the conduct and safety rules in the Canadian rule book. Threats, discriminatory language, fighting, deliberate dangerous contact, abuse of officials and repeated objectionable conduct may result in ejection or further discipline.

10B. Suspensions and eligibility

HFL may suspend or remove a player, captain, team member or spectator when necessary to protect participants, officials, facilities or the integrity of the league. A suspended person may not participate during the suspension.

10C. Captain accountability

Captains are expected to help control their team area, communicate administrative decisions and cooperate with officials and HFL staff.

10D. Unaddressed circumstances

When these rules and the Canadian rule book do not clearly resolve an issue, HFL administration may issue a ruling based on safety, fairness, precedent, competitive balance and practical league operation.

10E. Conflict between documents

The Canadian rule book controls on-field rules. These HFL rules control registration, rosters and administration. HFL administration will resolve any overlap or conflict and communicate the applicable interpretation.

11. FALL 2026 REGISTRATION SUMMARY

Format	Olympic-style 5v5 flag football
Season	8 regular-season games plus playoffs
Eligibility	18+; all genders
Team fee	\$1,899 standard; first six fully paid teams \$1,799; other teams fully paid by August 14, 2026 pay \$1,849
Individual fee	\$249 standard; \$239 when fully paid by August 14, 2026
Discounts	Cannot be combined; confirmed only after form and full payment
Roster size	No fixed maximum; approximately 7-10 players recommended
Included flags	10 per team registration; 1 per individual registration
Additional/lost flags	\$10 per flag at the field
Payment	E-transfer to info@halifaxflagfootballleague.com ; include player or captain name
Refunds/cancellation	Participant-initiated payments are final and non-refundable; registrations cannot be cancelled after payment
Venues	Mostly BMO Soccer Centre; potential games at East Coast Varsity and East Hants Sportsplex; to be determined
Scheduling	Mostly weeknights, with possible weekend games; to be determined
Season website	Coming soon with schedules, player statistics, standings, results and updates

Questions or requests for an administrative ruling should be sent to info@halifaxflagfootballleague.com.