



COMOX VALLEY
SPORTS & SOCIAL CLUB

CVSSC Flag Football Sport Specific Guidelines

***Updated as of June 24, 2020**

This document highlights the upcoming sport specific adjustments and rule changes to CVSSC Flag Football leagues during the current Transition Measures phase (May 19 to September) on the Sport Activity Chart provided by viaSport BC. These may be adjusted during the season to align with feedback from players and direction from local, provincial and federal health authorities. The broader Return to Play Guidelines for all CVSSC summer sports can be accessed here: <https://bit.ly/3drs9dc>. All players are expected to abide by both sets of guidelines and help us work together towards a safe and successful season of sports.

1. Sport-Specific Sanitization:

- Sanitizing Station: The CVSSC coordinator will bring either a spray sanitizer and paper towel, or sanitizing wipes to the field for communal use before, during and after games.
- Warm-up and Game Footballs: Each football must be sanitized (either with soap and water, sanitizing spray or a sanitizing wipe such as a Lysol wipe) before use in a warm-up or as the game ball. Players may provide their own sanitization, or use the sanitizing station provided by the CVSSC.
- Other Shared Equipment: The CVSSC coordinators will sanitize cones and flags between games.

2. Flag Football Roster Size Cap and Eligibility:

- Team rosters will be capped at 12 players to stay within the maximum gathering size of 50 per field.

- If a team has more than 12 players at the field, they must immediately send away enough players to get down to the max of 12 per team.
- Only individuals who have signed the updated waiver and read the guidelines of play will be allowed to participate.

3. Flag Football Rule Adjustments:

- Huddles: Huddles must abide by social distancing measures. It's suggested that all 4 receivers line up horizontally for the play call from the QB.
- Flagging Part I: Defenders must attack only one flag at a time to help avoid the wrap tackle attempts. Angle the opponent and attack one flag and quickly exit to 2 meter (6 feet) distancing. It will be a 10-yard penalty for any attempt at two flags at the same time or anything resembling a wrap.
- Flagging Part II: After flagging an opponent, the defensive player should leave the flag on the grass for the flagged player to pick up on their own.
- Defensive Structure: Teams are asked to play a zone defence at all times to promote social distancing.
- Quarterbacks and Playcalling: Do not call plays that will lead to traffic, and potential picks and contact. Do your best to spread out your receiving options. Do not lick your fingers at any point.

4. viaSport's Sport Activity Chart:

Based on the Sport Activity Chart in viaSport's Return to Sport Guidelines for BC (attached below), we are in the Transition Measures phase until September. We believe that our outdoor summer leagues fit well into this phase via the following measures:

- (1) Restrictions in Place** – Adding rules that maintain social distancing; keeping travel local within the Comox Valley; and limiting 50 people per field through roster and spectator restrictions.
- (2) Enhanced Protocols** – Having at least three levels of symptom screening in place (self screen, captain screen and community screen); applying various protocols on player hygiene (see Return to Play landing page), plus any sport-specific protocols for hygiene.
- (3) Facility** – Playing outdoors only, where it is safest. We will only consider indoor facilities when they reopen and restrictions progressively loosen in the next phase.
- (4) Participants** – Spectators have always been, and will continue to be, extremely limited, but will now be discouraged; and there are the

above noted additional roster restrictions applied to ensure staying within the 50-max per field group gathering restrictions.

(5) Non-contact and Contact Activities – Not applicable. CVSSC leagues do not hold practices.

(6) Competition – We will only play in-club and will be using modified games and scrimmages with adjustments that promote social distancing.

APPENDIX A – SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered as we transition through the various return phases.

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

As noted in the viaSport Return to Sport FAQ, "There may be occasional instances where participants come closer than 2m but these occurrences should be brief (ie. – one individual runs past another) and during the current phase of the province's Restart Plan should be avoided wherever possible." We believe our evolving sport-specific adjustments will be able to monitor these situations and help address and avoid them throughout the season.