



COMOX VALLEY
SPORTS & SOCIAL CLUB

CVSSC Flag Football Sport Specific Guidelines

***Updated as of June 2, 2021**

This document highlights the upcoming sport specific adjustments and rule changes to CVSSC Flag Football leagues during the current Return to Sport Restart 2.0 phase laid out 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 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 Equipment: 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: Players are asked to clean used footballs at home before bringing them to the field, or use the CVSSC sanitizing equipment at the fields.

2. Flag Football Roster Size Cap and Eligibility:

- With easing restrictions on the number of players allowed on a field outdoors, we have removed the roster size cap.
- However, only individuals who have signed the updated waiver and read the guidelines of play will be allowed to participate.

3. Flag Football Rule Adjustments:

- Return to Normal: Physical distancing rules are no longer required on the field of play, which will signal the gradual return to our normal flag football rules.

- Adopted Rules Going Forward: (a) Huddles are suggested to still abide by physical distancing measures; (b) Defenders may still only attack one flag at a time to avoid wrap tackle attempts. Angle the opponent and attack one flag at a time. Any simultaneous attempt on both flags of an opponent, or anything resembling a wrap tackle, will be a 10-yard penalty; (c) Quarterbacks should avoid calling plays that lead to traffic/picks/possible collisions. Do your best to spread out your receiving options. Do not lick their fingers at any point.

4. viaSport's Return to Sport Restart 2.0:

Based on the Return to Sport Restart 2.0 activity chart and answers from the following webinar, we are happy to gradually provide a return to normal sport. The chart is attached below, however it is a living document and the most updated version can be found online here: <https://www.viasport.ca/return-sport>.

